Meat *for the* Family

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155 MEAT RECIPES

With the Season's Greetings

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Meat *for the* Family

Prepared by

High-School Girls of the United States

and the

National Live Stock and Meat Board

407 S. Dearborn Street

Chicago, Ill.

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Time-Table for Cooking Meats.

ROASTING

Allow 15 minutes for heating the meat through, and after that figure the time.

Beef (rare)	12 to 15 minutes per pound
(well done)	15 to 18 minutes per pound
Lamb	18 minutes per pound
Mutton	20 minutes per pound
Veal	30 minutes per pound
Pork	30 minutes per pound

BROILING

Steaks, 1 inch thick (rare)	6 to 8 minutes; (medium) 8 to 10 minutes
1½ inches thick (rare)	8 to 12 minutes; (medium) 12 to 15 minutes
2 inches thick (rare)	10 to 15 minutes; (medium) 15 to 20 minutes
Lamb or mutton chops (well done)	8 to 10 minutes

BOILING

Beef	Slowly, 40 to 60 minutes per pound
Mutton	Slowly, 20 minutes per pound
Corned Beef	Slowly, 30 minutes per pound
Ham	Slowly, 20 minutes per pound

Abbreviations Used in Recipes.

c.	cup or cups
tsp.	teaspoon or teaspoons
tbsp.	tablespoon or tablespoons
hr.	hour or hours
min.	minute or minutes
qt.	quart or quarts
pt.	pint or pints
lb.	pound or pounds

Foreword.

IT IS a great pleasure to us to give you this booklet, "Meat for the Family." We feel sure that the housewife of today will welcome a book on meat cookery which was made possible by the interest that the housewife of tomorrow has shown in the subject. This is indeed the case and "Meat for the Family" is really a gift from the high-school girl to her mother, as it is an outgrowth of the Second National Meat Story Contest, conducted by the National Live Stock and Meat Board.

The Second National Meat Story Contest was conducted to carry on the good work begun by the first contest—the education of the high-school girl in the selection and preparation of meat. Instructors of home economics, who found the first contest of inestimable value to them in stimulating the students' interest, enthusiastically greeted the second contest and so did the girls.

High-school girls—thirteen thousand five hundred of them—from every state in the Union and from Alaska, Porto Rico, and the Virgin Islands, as well, manifested a lively interest in the contest. One result is this little book of one hundred fifty-five meat recipes, all of which are practical and economical, all of which are good, and many of which are delightfully new and unusual.

The Judges of the contest were well-known home economics authorities. Dr. Louise Stanley, Chief of the Bureau of Home Economics, U. S. Department of Agriculture, who was chairman of the judging committee of the first contest, served in the same capacity for the second contest. The other judges were Miss Ruth Wardall, Director of the Department of Home Economics, University of Illinois; Dr. Katharine Blunt, Chairman of the Department of Home Economics, University of Chicago; Miss Margaret Fedde, Director of the Department of Home Economics, University of Nebraska; and Miss Anne Pierce, consultant and special writer on foods of New York City.

Ude, chef to Louis XVI, once said: "Prominence in cookery never occurs under thirty years of age, and nothing but con-

summate experience can elevate one to the rank of chief professor. In connection with diligent and studious application one must possess no small share of intellect." We agree with the last statement—application and intellect are indeed necessary to make a good cook, but we believe that Ude, himself, were he here to read the recipes contained in "Meat for the Family," would gladly admit that the girls who submitted them are well on their way, long before thirty, to attaining prominence in cookery.

In the days of Ude each individual housewife had to learn how to cook, and she learned very largely by means of the trial and error method. She learned by failure after failure. It is small wonder that years were necessary in acquiring skill. Today, a system of home economics instruction in the schools throughout the country equips the future housekeeper to attack the problems of cooking with a reasonable expectation of success. That the young women of today recognize the value of such education is attested by this little book of well thought out meat recipes.

Index—Table of Contents

BEEF DISHES

Miscellaneous Beef Recipes

	Page
Beefsteak á la Henrietta	7
Beefsteak with Onions	7
Braised Oxtail	7
Braised Short Ribs	7
Broiled Steak	9
Panbroiled Beefsteak	9
Pot-Roast with Vegetables	9
Roast Sirloin of Beef	9

Chopped Beef

American Chop Suey	10
Beef with Rolled Oats	10
Creamed Chopped Beef	10
Filipino Beef	10
Frikadeller	10
Hamburg Steak	11
Meat Cakes	11
Meat Farcie	11
Picnic Meat Balls	12
One-Dish Meal	12

Corned Beef

Corned Beef	12
Corned Beef and Dandelion Greens	12
Panbroiled Corned Beef	13

Dried Beef

Dried Beef Rolls	13
Chipped Beef and Creamed Eggs	13
Frizzled Beef	13
Beef Rarebit	13

Flank

Flank Steak—Vegetable Style	14
Picnic Lunch Beef	14
Stuffed Steak	14

Round and Rump

Cardinal of Beef	14
Casserole of Beefsteak	15
Concordia á la Mode Beef	15
Rolled Beefsteak	15
Spanish Steak	16
Pot-Roast with Spaghetti	16

Beef Left-Overs

Baked Beef and Tomatoes	16
Fatherland Farm Meat Loaf	17
Browned Hash	17
German Hash	17
Grilled Slices	17
Hindustan Beef	17

VEAL DISHES

Breaded Veal Cutlets	18
Veal Cutlets with Celery and Orange	18
Veal Cutlets and Soup	18
Italian Veal Chops	18
Veal Loaf with Raisins	20
Veal Oysters	20
Veal and Ham Loaf	20
Stuffed Veal with Vegetables	20

LAMB AND MUTTON DISHES

Curried Lamb	21
Chops, Stuffed	21
Chops, Sautéd	21
Luncheon Chops	23
Chops á la Soubise	23
Lamb Jeltreat	23
Luncheon Lamb	23
Mock Fried Chicken	24
Roast Lamb	24
Roast Shoulder, Stuffed	24
Mexican Lamb Stew	24
French Mutton Chops	25
Mutton Chops, Kidney Sauce	25
Lamb or Mutton en Casserole	25
Mutton and Tomatoes	26
Shepherd's Pie	26
Stuffed Mutton	26
Pot-Roast, Currant-Mint Sauce	26
Ragoût with Farina Balls	27
Picnic Sandwiches	27
Mutton á la Venison	27

Lamb and Mutton Left-Overs

Barbecued Lamb	27
Diced Lamb	27
Lamb, Creole Style	28
Croquettes	28
Mound of Lamb with Peas	28
Lamb Timbales	28
Mutton Fricassee	29
Meat Stuffed Peppers	29
Mutton Rechauffe	29
Stuffed Turnips	29

MISCELLANEOUS MEAT DISHES

Page

Chili Con Carne 30
Chop Suey 30
Green Tomato Mince Meat 30
Uncooked English Mince Meat .. 30

PORK DISHES

Bacon

Bacon Fraze 31
Luncheon Bacon 31
Scalloped Onions and Bacon 31
Scalloped Potatoes and Bacon 31
Slumgullion 31

Ham

Baked Ham with Apples 33
Baked Ham 33
Ham au Gratin 33
Ham Baked in Milk 33
Roast Ham 33
Stuffed Ham 34

Miscellaneous Ham Recipes

Creamed Ham and Potatoes 34
Ham en Panier 34
Ham á la King 34
Ham and Pineapple 35
Planked Ham Steak 35
Savory Sliced Ham 35
Ham Salad 35
Ham Timbale with Peas 36

Miscellaneous Pork Dishes

Arabian Stew 36
Bobble Gash 36
Chops en Casserole 36
Chops with Sweet Potatoes 36
Cottage Chop Roast 37
Pork Chops with Dressing 37
Crown Roast of Pork 38
English Pork Pie 38
Fricatelli 38
Meat and Vegetable Salad 38
Phann-Haas 38
Pickled Pig's Feet 39
Pickled Pig's Feet, Breaded 39
Picnic Shoulder 39
Pork Scrapple 39
Pork Tenderloin, Larded 39
Mock Duck 40
Roast Pig 40
Roast Pork, Southern Style 40
Salt Pork with Gravy 41
Salt Pork and Cod Fish 41
Stuffed Pork Peppers 41
Cabbage Balls 41

SOUPS AND BROTHS

Beef Tea 42
Brown Soup Stock 42
Mutton Broth 42
German Soup Balls 42
Oxtail Soup 43
Pork and Cabbage Soup 43
Vegetable Soup 43

DISHES FROM MEAT SUNDRIES

Brains

Calf's Brains, Sweetbread Style .. 44

Hearts

Beef Heart Pie 44
Lamb Hearts 44

Kidneys

Kidney Stew 45
Kidneys á la maitre d'hotel 45

Liver

Lamb's Liver and Bacon 45
Lamb's Liver Sandwiches 45
Liver Loaf 46
Liver Roast 46
Liver with Vegetables 46
Salmi of Liver 46

Sweetbreads

Creamed Sweetbreads 47
Bordeaux Salad 47

Tongue

Beef Tongue with Raisins 47
Lamb's Tongue á la Ritz 47
"Meat for the Family" Menus 48

CHARTS

Beef Chart 8
Veal Chart 19
Lamb Chart 22
Pork Chart 32

Beef Dishes

BEEFSTEAK á la HENRIETTA

Porterhouse steak
½ c. butter
3 egg yolks
1 tbsp. cold water
½ tsp. lemon juice
¼ tsp. salt
2 tbsp. catsup
1 tsp. Worcestershire sauce
1 tsp. finely chopped parsley
Few grains cayenne

Divide butter into 3 pieces. Put 1 piece in saucepan with yolks of eggs, slightly beaten and mixed with water and lemon juice. Place saucepan in a larger one containing boiling water and stir constantly with wire whisk until butter is melted, then add second and third pieces as it thickens. Add water, cook 1 min. and season, then add catsup and parsley. Pour ½ of sauce on serving dish. Place broiled porterhouse steak on sauce and cover with remaining sauce. Garnish with parsley.

Dorothy Russum, Osborne High School,
Osborne, Kan.

BEEFSTEAK WITH ONIONS

Slice the onions under water and drain. Place in a shallow saucepan, cover closely and cook over a slow fire for 15 or 20 min. till tender. No water or fat should be used, as the onions contain both moisture and richness. Panbroil the steak. Put the onions into the pan in which the steak has been cooked and brown them. Serve the steak with onions around it.

Evelyn G. Morgan, Leavitt Institute,
Turner, Me.

BRAISED OXTAIL

2 lb. oxtail
1 c. carrots
1 c. white turnips
½ c. finely minced onion

Use large tails. Divide at joints, wipe clean and sauté in fat in a hot pan. Cook pieces in 1½ pt. of water; add cubes of carrots and turnips and finely minced onion. Cook slowly in closely covered dish for 1¼ hr. Shortly before serving add 2 tbsp. of salt, 1 tsp. of pepper, and a little chopped parsley. Serve the tails on a bed of freshly cooked macaroni, sprinkled with grated cheese. Strain sauce through a colander and pour over dish.

Katharine F. Sitton, Somerset High School,
Somerset, Ky.

BRAISED SHORT RIBS

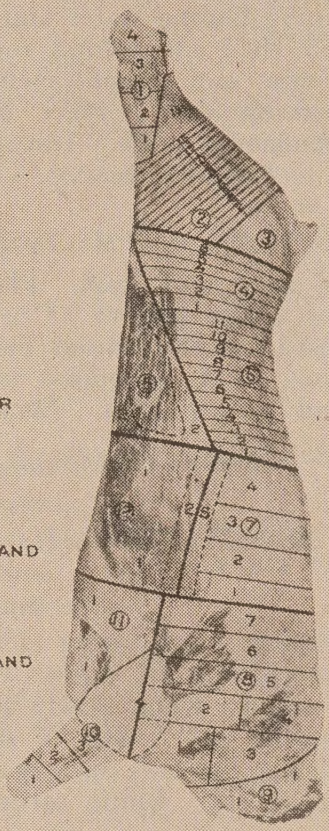
Roll and tie or skewer 3½ or 4 lb. of short ribs of beef. Sprinkle with salt and pepper and dredge with flour. Sear all sides in melted suet or drippings. Place in a roasting pan or iron pot with tight cover. Add 1 carrot, 1 turnip, 1 onion, 1 small green pepper, 1 stalk of celery cut in slices or cubes, 1 sprig parsley, and 3 c. boiling water. Cover tightly and let simmer for 3 to 4 hr. Remove the cover, place medium-sized parboiled potatoes around the meat, set in the oven uncovered for 45 min. or until the meat and potatoes are well browned. Remove the meat and potatoes from the dish; make gravy by thickening the liquid with 2 tbsp. of flour and more water if necessary; season. Remove the skewer or string from the meat and serve it in a deep platter with potatoes as a border. Onions may be cooked whole with the meat and potatoes.

Madeline Esarey, Eldorado Township High School,
Eldorado, Ill.

U.S. DEPARTMENT OF AGRICULTURE
BUREAU OF AGRICULTURAL ECONOMICS
DIVISION OF LIVESTOCK, MEATS AND WOOL

BEEF CHART

WHOLESALE AND RETAIL CUTS



① HIND SHANK
1 TO 3 SOUP BONES
4-KNUCKLE

② ROUND
1 TO 14 ROUND STEAKS
15 HEEL OF ROUND

③ RUMP
STEAKS OR ROASTS

④ LOIN END
1 TO 6 SIRLOIN STEAKS

⑤ SHORT LOIN
1 TO 3 CLUB OR DELMONICO STEAKS
4 TO 11 PORTERHOUSE STEAKS

⑥ FLANK
1-FLANK STEAK
2-STEWS OR HAMBURGER

⑦ RIB
1 TO 4 RIB ROASTS
5 SHORT RIBS

⑧ TRIMMED CHUCK
1 & 2 BOTTOM CHUCK ROASTS
3 & 4 TOP CHUCK ROASTS
5 TO 7 CHUCK RIB ROASTS

⑨ NECK
1-BONELESS ROASTS
STEWS OR HAMBURGER

⑩ FORE SHANK
1 TO 3 SOUP BONES
4-SHOULDER CLOD

⑪ BRISKET
1-STEWS OR BONED AND ROLLED ROASTS

⑫ PLATE
1-STEWS OR BONED AND ROLLED ROASTS
2-SHORT RIBS

Numerals in circles ◯ refer to wholesale cuts and major subdivisions of such cuts. Other numerals refer to retail cuts

WHOLESALE CUTS AND SUBDIVISIONS
ALL PERCENTAGES BASED ON CARCASS WEIGHT

①TO⑥ HINDQUARTER		48.0%	
①TO③ ROUND AND RUMP		24.0	
① HIND SHANK	4.0%		
② BUTTOCK	15.0		
③ RUMP	5.0		
④&⑤ FULL LOIN		20.5	
④ LOIN END	7.0		
⑤ SHORT LOIN	13.5		
⑥ FLANK		3.5	
⑦ TO ⑫ FOREQUARTER		52.0%	
⑦ RIB		9.5	
⑧&⑨ CHUCK		22.0	
⑧TRIMMED CHUCK	17.0%		
⑨ NECK	5.0		
⑩ FORE SHANK		5.5	
⑪ BRISKET		6.5	
⑫ PLATE		8.5	

BROILED STEAK

Trim off superfluous fat from a porterhouse or sirloin steak. Grease wire broiler with some of the fat. Place meat on the broiler and broil over a clear fire, turning every 10 sec. for the first min. so that the surface may be well seared. This prevents escape of the juices. After the first min. turn occasionally until well cooked on both sides. Steak cut 1½ inch thick will take 10 min., if liked rare; 12 to 15 min. if desired medium. Remove to hot platter, spread with butter, and sprinkle with salt and pepper.

Lessie Beasley, Barnwell High School,
Barnwell, S. C.

PANBROILED BEEFSTEAK

Wipe and trim a sirloin or porterhouse steak, cut 1½ inches thick. Place in a piping hot skillet. Sear on one side, turn the steak and sear on the other side. Broil 10 to 15 min., turning often. Have ready a heated platter with 1 tbsp. melted butter. Take steak from fire, turn it from one side to the other in the butter and add 1 tsp. salt and ⅓ tsp. pepper. Place on a heated serving platter and serve at once.

Vida Gottbehent, Tomah High School,
Oakdale, Wis.

POT-ROAST WITH VEGETABLES

3 or 4 lb. chuck roast
1 c. sliced onions
1 c. celery cut in bits
1 c. sliced turnips
3 tbsp. fat (preferably from salt pork)
Salt and pepper

If the meat is not in a solid piece skewer or tie it into shape; wipe it with damp cheese cloth and roll in flour. Season with salt and pepper. Boil vegetables in salted water to barely cover, until soft. Rub through a coarse strainer. Heat fat in a frying pan or Dutch oven. Put in the meat and brown on all sides. If the frying pan is used, transfer the meat, after it is brown, to a kettle, unless the pan is deep enough to hold the beef. Pour the vegetables and their liquid over the meat together with any seasoning desired. Cover tightly and let simmer slowly for 4 or 5 hr., turning twice. Thicken the gravy a little and pour over the meat.

Doris E. Morgan, Medford High School,
Bly, Ore.

ROAST SIRLOIN OF BEEF

Wipe the meat with a damp cloth. Dredge the fat with salt and flour, and also rub flour well into the flesh. Set to bake in a hot oven. Turn the under or tenderloin side uppermost, so that the meat which is unprotected by fat may be seared over on the outside and the juices kept within. After the roast is half cooked turn the fat side up and finish the cooking on this side, letting the fat become well browned. Baste every 10 min. with the fat in the pan, and dredge with flour after each basting. The heat should be such that the fat and flour in the pan be not overcooked; if too dark the fat is not fit for basting, and the flour and meat juices are unsuitable for brown sauce to be served with roast. Cook the roast about 15 min. for each lb. of meat.

Vera Lea Bronson, Newcastle Senior High School,
Newcastle, Ind.

AMERICAN CHOP SUEY

1 lb. ground round steak
1 bunch of celery
1 tbsp. butter
2 cans of tomato soup
¼ tsp. pepper
3 medium-sized onions
1 tbsp. lard
1 box spaghetti or macaroni
1 tsp. salt

Chop onions and celery together, not fine but just medium; add meat, pepper, and salt and mix thoroughly; put lard and butter into frying pan, add above mixture and fry for 20 min., stirring often. Have ready 1 package of macaroni or spaghetti that has been boiled in salted water until tender, drained, chilled in cold water and drained again. Add meat mixture to this, then the tomato soup; put into baking dish and bake ¾ of an hr. in a moderate oven.

Bessie Van Hardenburg, Sandpoint High School,
Sandpoint, Idaho.

BEEF WITH ROLLED OATS

Put together through a meat chopper 1½ lb. beef, 2 slices of salt pork (about ⅛ lb.) and a cup of rolled oats, or other uncooked cereal. Season with a little salt, white pepper, celery salt, and a minced onion; add a beaten egg and stock or water to moisten slightly. The roll should be stiff rather than soft. Dredge with flour, brown in a frying pan with a little pork fat, and place it in the oven and bake for 1 hr. The heat should be moderate and the loaf should be basted with hot water or melted butter several times.

Clarene Goldthorpe, Technical High School,
St. Cloud, Minn.

CREAMED CHOPPED STEAK

Sauté chopped round steak; season with salt, pepper and paprika; make a white sauce and pour over when brown, then let it cook slowly for 15 min. more. Serve on toast or in patty shells.

Edith Searing, Girls' High School,
Hawthorne, N. J.

FILIPINO BEEF

1 lb. round beef
1 small onion
1 green pepper
1 c. soft bread crumbs
1 egg
2 c. stewed tomatoes
2 slices bacon
2 tbsp. butter
4 tbsp. flour
Salt

Remove the seeds from the pepper and put it through the meat grinder with the meat and the onion. Add crumbs, egg and salt. Make into a roll; place in a shallow baking dish and pour the strained tomato around it. Put bacon on top and bake for 40 min., basting with tomatoes. Thicken sauce with a mixture made of flour and butter. A little seasoning, such as a bit of bay leaf, a clove or a small piece of onion, may be put in the pan with the meat.

Lucille Motzkus, East Side High School,
Salt Lake City, Utah.

FRIKADELLER (DANISH)

¾ lb. round steak
⅛ lb. suet
1 small onion
Salt and pepper
1 tbsp. flour
1 c. rich milk

Put the meat, suet, and onion through a meat chopper twice. Add flour and salt and pepper to taste. Mix thoroughly. Gradually add milk.

stirring until light. Dip a spoon into hot grease and shape meat into oblong cakes. Sauté slowly on a hot greased skillet, until brown. Serve with vegetables.

Grace Gooding, Sanford High School,
Springvale, Me.

HAMBURG STEAK

1 lb. chopped round steak
¼ tsp. pepper
1 egg (if desired)
1¼ tsp. salt
1 small onion chopped

Mix the ingredients thoroughly and shape into thin patties. Cook in a broiler or in a hot well-greased frying pan. Spread with butter when ready to serve.

Bertha Hudson, Edgemont High School,
Rocky Mount, N. C.

MEAT CAKES

1 lb. round steak
3 tbsp. melted fat
3 small onions
2 eggs
1 tbsp. chopped parsley
¼ lb. grated cheese
2 c. bread crumbs
Salt, pepper and paprika to taste
Tomato sauce

Grind steak and onions together, add fat, cheese, parsley, crumbs, seasonings, and eggs slightly beaten. Mix together; form into small cakes, toss in flour, and sauté in hot fat. Serve hot with sauce.

Sauce

4 tbsp. fat
1 carrot
1 turnip
2 onions
3 tbsp. flour
2 c. stock
1 can or ½ lb. fresh tomatoes
1 tbsp. tomato catsup
Salt, pepper and red pepper to taste

Slice vegetables, fry in fat 10 min.; then add flour, stock, tomatoes, catsup. Stir till they boil, then simmer gently 45 min. Rub through sieve, add seasonings and serve.

Laura Rees, Chestertown High School,
Chestertown Md.

MEAT FARCIE

1 lb. beef
½ lb. pork
½ lb. veal
1 c. cream
2 c. meat stock or water
4 tbsp. butter
1 c. bread crumbs
2 eggs
1 onion
1 tsp. salt
1 tsp. pepper

Force the meat twice through a meat chopper. Soak the bread crumbs in meat stock mixed with cream. Add the beaten eggs to it, mix with chopped meat and work until smooth. Chop the onion, cook in butter and strain the butter into the mixture of meat. At the last, add seasonings. Turn into a buttered pan, trim into a nice loaf, spread with a little beaten egg. Sprinkle with bread crumbs, bake in oven 1 to 1½ hr., basting often. Serve with brown sauce.

Vienna Hintalla, Butte High School,
Butte, Mont.

PICNIC MEAT BALLS

2 lb. round steak
2 eggs
½ c. flour
1 onion (medium size)
2 stalks celery
1 small green tomato
½ tsp. salt
Dash of pepper

Put steak through food chopper after having removed bone and cut into small pieces. Chop celery, onion, and tomato separately and add to meat. Beat eggs well and add. Stirr in flour gradually, being careful not to let it lump. Add seasoning and shape into small balls a little larger than an egg and fry until well browned. Remove from pan. Make a gravy from meat fryings. Put meat balls in kettle, pour gravy over them and boil 20 min. over slow fire. These may also be put in a baking pan and baked. They are delicious to take on an outing to be reheated when ready to serve.

Margaret Cagle, Butte High School,
Butte, Mont.

ONE-DISH MEAL

1 qt. tomatoes
2 c. rice (well washed)
2 c. corn flakes (ground)
1 lb. ground round steak
Sliced potatoes
Butter, salt and pepper

Put a layer of sliced raw potatoes in a baking dish. Put ground steak in next and cover with tomatoes; add rice; season with butter, salt and pepper. Sprinkle with corn flakes. Bake for 1 hr. This makes a good one-dish meal.

Kathryn Kinney, Sandpoint High School,
Sandpoint, Idaho.

CORNED BEEF

Wash the meat quickly and, if it has been in brine longer than desired, cover it with cold water and bring slowly to a boil; drain off the water and reheat with fresh cold water. As soon as the liquid bubbles, reduce the heat, add a few peppercorns and continue the slow cooking (always below the boiling point) until the meat is tender. At least 1 hr. of cooking will be required on each lb. of beef. Keep the meat closely covered during cooking and it will have to be turned when partly done, if the water does not cover it. Parsnips, carrots, turnips, and potatoes can be added during cooking if it is desired. Cabbage and meat should not be placed in the same kettle. Cut the cabbage into quarters, use some of the stock to cook it in to obtain a meat flavor. Vegetables can all be cooked in the stock, without the beef if the meat is to be served cold.

Mary McKenna, Belle Plaine High School,
Belle Plaine, Minn.

CORNED BEEF AND DANDELION GREENS

Wash 1 or 2 lb. of corned beef, the rump, in cold water. Place in kettle and cover with cold water. Then bring the water to a boil and allow to boil slowly 3 or 4 hr. About 1 hr. before the meat is done add 2 or 3 qt. of greens, which have been previously cleaned and washed. When done serve the corned beef sliced, in the center of the platter with a border of cooked greens. Heat a small amount of vinegar and sprinkle over the greens or use a garnish of sliced lemons and hard cooked eggs.

Alice Demcey, Cuba High School,
Cuba, N. Y.

PANBROILED CORNED BEEF

Slices of cold, cooked corned beef or canned corned beef should be used. Place these in a hot pan, in butter or in a substitute, first sprinkling pepper over them, and cooking them on both sides until brown. There should be prepared 2 or 3 c. of mashed potatoes, mixed with ¼c. of grated horse-radish, 1 tsp. of dry mustard, 1 tsp. of salt and 2 tbsp. of either vinegar or Worcestershire sauce. Place the brown corned beef in the center of a hot platter, and put the potato mixture in the pan and heat quickly until slightly browned, then arrange in mounds at once at each end of the platter, and garnish with small pickled gherkins.

Camille Conring, El Paso High School,
El Paso, Tex.

DRIED BEEF ROLLS

6 slices dried beef
2 to 3 tbsp. minced dried beef
1½ c. mashed potato
2 tbsp. minced green pepper
1 tbsp. butter

Leave large slices of beef whole. Scald as usual, dry. Add minced beef and pepper to potatoes. Spread each slice of beef with the potato mixture. Roll up and fasten with a toothpick. Lay rolls in baking dish, dot with butter. Cover. Bake in moderate oven 20 min.

Anna Murphy, Lyman Hall High School,
Wallingford, Conn.

CHIPPED BEEF AND CREAMED EGGS

¼ lb. chipped beef (cooked)
6 eggs
1 c. white sauce { 1 tbsp. butter, 1 tbsp. flour, 1 c. milk, Salt and pepper to taste } Boil 5 min.
½ c. bread crumbs

Put eggs in cold water (having enough to completely cover them) let reach boiling point. Remove from fire and let set 10 to 15 min. Remove shells, slice the eggs into a baking dish, putting first a layer of eggs then one of beef. Pour a little of the white sauce over each layer and finish with bread crumbs sprinkled over the top. Dot with butter and bake until brown.

Evelyn Jackson, Eldorado Township High School,
Eldorado, Ill.

FRIZZLED BEEF

Cut dried beef into small pieces. Place 4 tbsp. butter in a frying pan, add the beef and let cook until it frizzles, then add 4 tbsp. flour. Add 2½ c. milk slowly. Let cook until thick. Salt if necessary and serve hot on toast points.

Elizabeth Crowe, Chestertown High School,
Kennedyville, Md.

BEEF RAREBIT

1 pt. brown gravy
1 c. finely chopped dried beef
2 hard-boiled eggs

Have the gravy hot in a frying pan on the stove, add dried beef, finely chopped, and also the eggs which have been grated or chopped. Serve hot on toast.

Wilma Grant, Piedmont High School,
Demorest, Ga.

FLANK STEAK—VEGETABLE STYLE

1 flank steak weighing 1½-2 lb.
1 tbsp. grated onion
1 tbsp. lemon juice
1 tsp. salt
¼ tsp. pepper
½ tbsp. minced parsley
Dash of nutmeg and cloves
1 tbsp. fat or butter
1 medium-sized onion chopped
1 c. cubed carrots
2 c. cubed potatoes
½ c. turnips
¼ c. diced celery
1 c. stock or tomato juice
Bacon
Flour

Trim off the membrane and any extra suet from flank steak. Wipe with damp cloth, and score each side across the grain of meat, being careful not to cut too far through meat. Mix the seasonings and rub these into surface of meat. Roll flank lengthwise and tie into shape. Dredge outside with flour. Sear in hot fat.

Clara A. Harrington, Middlebury High School,
Middlebury, Vt.

PICNIC LUNCH BEEF

Boil 3 lb. flank beef until it falls apart in sufficient stock to have 1 pt. after meat is removed. Mince fine, add 1 small onion, chopped fine, ½ c. chopped celery, salt, pepper to taste. Place back in boiler and cook 1 hr. Pour into mold, set in ice box to cool over night. This is delightful meat for lunches as well as picnics. Slice for sandwiches or serve on lettuce with mayonnaise.

Annie Morrill, Clifton High School,
Clifton, Ariz.

STUFFED STEAK

2½ lb. flank steak
1 tbsp. parsley
2 tbsp. drippings
¼ tsp. pepper
2½ c. water
2 c. bread crumbs
1 tsp. dried herbs
1 tsp. salt
Grated rind of ½ lemon

Prepare a dressing by blending the bread crumbs, parsley, herbs, seasonings, and lemon rind. Spread this over the meat, roll up and tie firmly. Place in a deep pan in which the drippings have been heated. Turn the meat about so as to brown the entire surface, then add the water, cover closely and simmer for 2 hr. or until the meat is thoroughly tender. Thicken the gravy with a little flour. Color, if desired, with caramel. For a one-dish meal garnish with tomatoes or peppers, carrots and string beans, or any vegetable.

Lucille Ellis, Greencastle High School,
Greencastle, Ind.

CARDINAL OF BEEF

Melt in the bottom of a saucepan ¼ c. butter. Add 1 c. of chopped celery stalks, ¼ c. of field mushrooms, cut in quarters, and 2 sweet peppers cut in strips, after removing the seeds and white inside parts. Cook all over a hot fire, stirring to prevent burning, for 5 min., after the butter begins to sizzle. Turn all into a casserole. Put in the saucepan 2 lb. of lean beef, cut into small pieces. Cook until brown all over—this will take from 5 to 10 min., then add ½ tsp. of paprika, or enough to redden the mixture. Place the beef over the vegetables in the casserole, pour over it 1 pt. of strained tomato pulp, cover and cook in a hot oven for ½ hr., removing the cover for the last 10 min., to promote evaporation and concentrate the tomato pulp.

Louise Crowe, Las Vegas High School,
Las Vegas, Nev.

CASSEROLE OF BEEFSTEAK

Sauté 3 sliced onions in 1 tbsp. of butter in a pan; put them into a casserole. Cut a steak from the upper side or the round into pieces large enough for one portion. Put these into the pan and sear on all sides, then put into the casserole. Add a tbsp. of flour to the pan, let it brown, add 1½ c. water and stir until thickened, season with salt, pepper and a tbsp. of chopped parsley. Add a little Worcestershire sauce and mushroom catsup. The sauce will be richer if stock is used instead of water. Pour the sauce over the meat, cover the casserole, set in the oven and cook slowly until the meat is tender. Cover the top with parboiled sliced potatoes, and return to the oven to finish cooking the potatoes. Serve in the casserole.

Hattie Brown, Akron High School,
Akron, Colo.

CONCORDIA à la MODE BEEF

Purchase 5 or more lb. of bottom round of beef in a piece. Lard it with small fingers of fat salt pork on both sides, dredge with pepper and salt and brown all over in a hot kettle or frying pan containing no fat. The last 5 min. add 4 or 5 small onions whole, a carrot, ½ turnip and a couple of pieces of celery, all diced, and stir them carefully while they also brown slightly. Cover with boiling water, after removing to a deep kettle, if browned in a frying pan, add 2 cloves, bay leaf, 2 or 3 sprigs of parsley and ½ c. tomato juice or a single tomato chopped. Cover, set in an oven and let cook slowly 4 hr., or until very tender. Turn once, and occasionally rinse and scrape off the brown that will form on the sides of the kettle, to melt and improve the flavor of the broth. To serve lift out on a hot platter and garnish with mounds of cooked, chopped and seasoned beets and carrots and potato balls sprinkled with chopped parsley—all very hot. Pour off most of the broth, leaving just enough for gravy retaining the diced vegetables; thicken with flour and butter melted together. Next day remove the cake of fat from the clear broth poured off, strain through double cheesecloth, season more highly if desired, and there will be a consommé which may be diluted a bit by adding hot water or tomato juice or other clear soup stock.

Thelma Brenizer, Hudson High School,
Hudson, Ohio.

ROLLED BEEFSTEAK

1 lb. round steak
1 c. soft bread crumbs
1 small onion, chopped
1 apple, peeled, diced
Hot water or milk
Salt and pepper
Flour
Fat

Cut round steak of ½-inch thickness into pieces 3 by 4 inches. Make a stuffing of the bread crumbs, chopped onions, sage, salt, pepper and diced apple with enough hot water or milk to moisten. Spread the stuffing over the pieces of steak, roll up each piece and tie it with a piece of string, or skewer it with toothpicks. Dredge generously with flour and add salt and pepper. Brown in beef drippings or other fat, cover with boiling water and simmer for 1½ hr. or until tender. Remove the strings and serve the meat wth the sauce in which it was cooked.

Ongelene Cropas, St. Johns High School,
St. Johns, Ariz.

SPANISH STEAK

1½ lb. round steak
2 tsp. melted fat
1 tsp. salt
¼ tsp. pepper
3 medium-sized onions
2 c. chopped fresh tomatoes or solid canned tomatoes
2 tbsp. grated cheese (optional)

Have the steak cut in a thick, chunky piece. Heat the fat in a frying pan and brown the surface of the meat in this. Place in a baking dish or casserole, sprinkle with the salt and pepper, put the onions (sliced) and the tomatoes over and around, cover closely and bake in a slow oven about 1 hr. Remove the cover, sprinkle with the cheese, allow this to brown, and serve in the dish in which it is cooked.

Edith Madsen, Ephriam High School,
Ephriam, Utah.

POT-ROAST OF BEEF WITH SPAGHETTI

4 to 5 lb. rump of beef
1 lb. spaghetti
2 qt. canned tomatoes
¼ lb. beef suet
1 large onion
1 large green pepper
Grated American cheese
2 slices of bacon
3 bay leaves
6 cloves
2 cloves of garlic
1 c. hot water
Salt and pepper

Fry bacon and suet together. Add onion, garlic, and green pepper, chopped quite fine, and fry. When beginning to brown, add the meat, turning it so that it will be well browned on all sides. Then add hot water, tomatoes and the seasonings. Simmer gently for 3 hr. Add 2 tsp. salt and ¼ tsp. pepper at the end of 1½ hr. One-half hr. before the meat is finished, boil spaghetti till tender, drain it and put it into the sauce surrounding the meat. Let cook 10 min. For serving, put the meat on a platter and the sauce in a dish. Grate American cheese thickly over the top of meat.

Rita Acevedo, Aquadilla High School,
Aquadilla, P. R.

BAKED BEEF AND TOMATOES

2 c. cooked beef
1 onion
Salt
Pepper
1 c. stewed tomatoes
½ c. gravy
5 slices buttered bread

If there is any cold meat in the house, either ends of cold roast beef or steak, this is a dish that can be made very quickly. It can also be made with raw meat, but this will, of course, take a little longer than if left-overs are used. Cut the meat into rather large dice and free it from all bones and gristle. Peel and slice the onion rather thin, mix it with the meat and put the whole in an earthenware or heavy china pudding-dish. Add the tomatoes, which can be either freshly stewed or canned, add also the gravy. Season well with salt and pepper, and place in a hot oven. If you have no gravy left add a little water. When the dish has cooked for about 20 min., pull to front of the oven and cover the top with slices of thickly buttered bread, the butter side up. When these have turned to a golden brown, the dish is done.

Esther Vermillion, Monett High School,
Monett, Mo.

FATHERLAND FARM MEAT LOAF

Butter a loaf cake tin and line with cold mashed potatoes, smoothing with a spatula into a layer 1 inch thick. Inside this put a filling of roast beef, chopped coarsely, seasoned with pepper, salt and a few drops of onion juice, and moistened with gravy. Smooth this filling to within 1 inch of top of tin, and cover with mashed potatoes. Bake in a hot oven for ½ hr., and turn out on a long platter. It will look like a finely crusted loaf and may be cut in slices.

Velve Vincent, Senior High School,
Newton, Iowa.

BROWNED HASH

2 c. chopped cold roast beef
2 c. cold boiled potatoes
Few drops onion juice
2 c. chopped cold corned beef
2 tbsp. hot milk
Salt and pepper to taste

Mix all ingredients thoroughly. Put into a frying pan 2 tbsp. beef fat or butter. Spread the mixture in frying pan and cook without stirring, over a moderate fire for 30 min. When it is browned underneath fold it over like an omelet and place on a hot platter.

Jessie Ludwig, Medford High School,
Medford, Ore.

GERMAN HASH

Make a well-seasoned soup stock of the bone and trimmings of roast beef, veal or lamb, and vegetables; strain, and in 2 c. of this stock cook ½ c. rice until the rice is tender and the stock is absorbed. Brown a little butter or drippings in a frying pan (1 slice of onion may be browned at the same time and then removed). Turn in the rice and 1 pt. of cold meat, chopped fine. Mix thoroughly, adding salt, pepper, and nutmeg if desired. Cook until very hot, stirring occasionally. Serve with apple sauce.

Lola Edwards, Flagstaff High School,
Flagstaff, Ariz.

GRILLED SLICES WITH CREOLE SAUCE

Cut from beef roast 6 slices of the rarest meat, broil five minutes over a clear fire, put on a hot plate and serve with a sauce made as follows:

Put in a saucepan 2 tbsp. chopped onions, and 1 tbsp. chopped green pepper with 2 tbsp. fat. Fry to a light brown, stirring constantly. Add 2 tbsp. flour and stir to a paste; then put in a pt. of brown stock, 2 tbsp. Worcestershire sauce, 1 tsp. dry mustard and 2 tbsp. vinegar. Salt and pepper to taste. Cook over a slow fire, beating the sauce till smooth. Add 1 tsp. chopped parsley. Let sauce come to a boil, then pour over the grilled meat.

Helen S. Cooper, Seymour High School,
Seymour, Conn.

HINDUSTAN BEEF

Slice 2 small onions, 1 apple, 2 stalks of celery, very fine; cook in hot butter (about 3 tbsp.). Sprinkle 1 tbsp. of curry powder over the dish, add the juice of half a lemon and turn in a few slices of rare roast beef or left-over beef steak, cut very thin, with 1 c. of beef gravy or thickened beef stock. Simmer 20 min. and serve with hot seasoned rice.

Vera Barnings, Thornton Township High School,
Harvey, Ill.

Veal Dishes

BREADED VEAL CUTLETS

2 lb. veal cutlet
4 c. dry bread crumbs
Salt and pepper
1 egg
1 pt. water or stock
½ c. butter or substitute
⅓ c. flour
1 tbsp. chopped parsley
½ tsp. Worcestershire sauce

Wipe the cutlets with a clean damp cloth. Cut them into pieces suitable for serving and sprinkle with salt and pepper. Dip them into sifted bread crumbs, then into the egg, which has been beaten slightly and mixed with 1 tbsp. water. Dip the cutlets again into the crumbs and fry them until they are a rich brown in ½ the butter. Put them into a small cooker or pan. Make a brown sauce, using the remaining ingredients. Pour the sauce over the cutlets and when boiling, place the pan in a large receptacle of boiling water and cook until the meat is tender.

Margaret Bordogna, Ambler High School,
Flourtown, Pa.

VEAL CUTLETS WITH CELERY AND ORANGE

Cut 2 lb. veal steak into pieces for serving; roll in flour, sprinkle with salt and set to cook in hot fat tried out of pork. When the veal is browned on one side, turn to brown the other side; then remove the meat to a casserole.

In the hot fat brown 2 slices of onion, add 2 c. of cold water, and stir until the water boils rapidly; pour over the meat, cover, and set in a slow oven for 1 hr. Remove meat to a serving dish, thicken the liquid (1½ tbsp. flour to each c.). Add 1½ c. of cooked diced celery and pour over the veal. Garnish with slices of oranges and hearts of uncooked celery.

Eleanor Susalla, Harbor Beach High School,
Harbor Beach, Mich.

VEAL CUTLETS AND SOUP

Cook 3 lb. veal shank in boiling salted water until tender. Remove as much meat as possible from bone. Cut the pieces to resemble chops. Season and roll pieces in crumbs, eggs, and crumbs again and sauté in butter or other fat and garnish with parsley. For the soup take the remaining portion of the shank and put it into a kettle with 3 c. brown stock and a few peppercorns, celery, salt, and any other seasoning desired. Add ½ c. each of diced potatoes, turnips, parsley, and cook ½ hr.

Elizabeth Nagle, Northampton High School,
Northampton, Pa.

ITALIAN VEAL CHOPS

6 veal chops
¼ tsp. paprika
2 cloves
1 c. canned tomato
1 small bay leaf
½ tsp. salt
2 tbsp. flour
2 tbsp. fat
1 small onion
1 green pepper, finely chopped

Trim chops; mix together salt, paprika, and flour; pound this into the chops. Melt and heat the fat and brown chops in it. Pour tomatoes over the meat, add onion, bay leaf, cloves, and chopped green pepper; cover closely and simmer for 1 hr. Serve wtih plain boiled macaroni or spaghetti.

Alma Grim, John Handley High School,
Winchester, Va.

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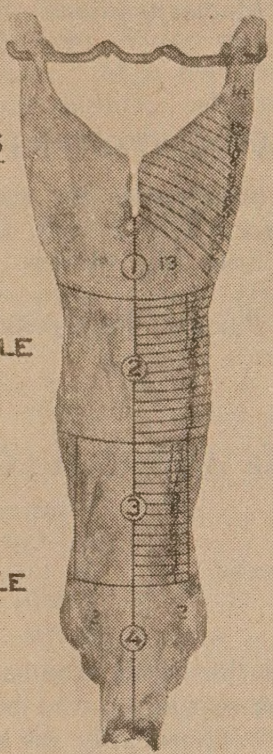
VEAL CHART

WHOLESALE CUTS

① AND ② HIND SADDLE
① LEG
② LOIN

③ AND ④ FORE SADDLE
③ HOTEL RACK
④ CHUCK



RETAIL CUTS

① LEG
1 TO 12 CUTLETS
13 - ROAST
14 - SHANK (STEW)

② LOIN
1 TO 6 RIB CHOPS
7 TO 13 LOIN AND KIDNEY CHOPS

③ HOTEL RACK
1 TO 14 - RIB CHOPS

④ CHUCK *Including shoulder, neck and breast*
1 - STEW
2 - ROASTS

Numerals in circles ◯ refer to wholesale cuts. Other numerals refer to retail cuts

YIELDS OF WHOLESALE CUTS AND SUBDIVISIONS

① AND ② HIND SADDLE - 49%	③ AND ④ FORE SADDLE - 51%
① LEGS - 40%	③ HOTEL RACK - 6.5%
② LOIN - 9%	④ CHUCK - 44.5%

VEAL LOAF WITH RAISINS

Put 2 lb. of veal shoulder through the food chopper; season with 2 or 3 tsp. salt, 1 tsp. pepper and ½ c. of chopped raisins. Pour a cup of boiling water over 4 slices of stale bread, drain, press out as much of the water as possible, and while warm mix with the bread 4 tbsp. of butter substitute, then combine the bread and seasoned meat. Bind the mixture with two well-beaten eggs. Form into a flat, oval cake. Place in a well-greased dripping pan, pour a little gravy, stock or water around it, and bake in a rather slow oven for 1½ hr., basting occasionally and adding more hot water from time to time. Serve hot with bacon curls and slices of fried apple, or it may be allowed to cool 1½ hr. and sliced for a luncheon dish.

Dorothy Madison Inman, Somerset High School,
Somerset, Ky.

VEAL OYSTERS

Cut veal from the leg into pieces the size of oysters. Season with salt, pepper, and a little mace. Dip in egg, then in cracker crumbs and fry. They both look and taste like oysters. They may be eaten with tomato sauce.

Olive Parsons, Porterville Union High School,
Porterville, Calif.

VEAL AND HAM LOAF

3 c. ground raw veal
1 c. ground raw ham
⅔ c. stale bread crumbs
⅔ c. milk
1 egg
1 tsp. salt
⅛ tsp. pepper
½ tsp. grated lemon rind
1 tsp. onion juice
1 tsp. minced parsley

Scald the milk and add the bread crumbs to it and cook to a paste. Add to this the meat and the seasonings and bind with eggs lightly beaten —yolk and white together. Thoroughly oil a baking pan and sprinkle it thickly with stale bread crumbs. Pack the meat loaf in it and bake 1 hr. in a moderate oven. Serve hot with brown gravy or tomato sauce, or cut into thin slices when cold.

Lucy Scorup, North Sevier High School,
Salina, Utah.

STUFFED VEAL WITH VEGETABLES

Cut into cubes ½ c. carrots, 1 medium-sized onion, ½ c. turnips, ½ c. potatoes. Spread vegetables on 1½ lb. veal shoulder (use flat piece), then with fingers roll up the meat like a jelly roll, place in baking dish and cook till done. Place small amount of water in bottom of pan, baste often. Season to taste wth salt, pepper.

Addie Howell, Burley High School,
Burley, Idaho.

Lamb and Mutton Dishes

CURRIED LAMB

4 c. lamb cut in 1 inch pieces (neck)
1 large onion sliced
1 qt. boiling water
1 stalk celery
3 sprigs thyme
½ tsp. pepper
3 sprigs parsley
2 tbsp. butter
2 tbsp. flour
1 tsp. curry powder
1 tsp. salt
Cold water
Boiled rice

Put the lamb in a kettle, cover with cold water, and bring to the boiling point. Pour off the water and rinse the meat in cold water, return to the kettle and add 1 qt. of boiling water, the onion, cut in slices, the thyme, and the parsley. Simmer slowly until the meat is tender, then remove it and strain the liquor. Melt the butter in a saucepan and add the flour, then add the curry powder, salt, pepper, and strained liquor. Cook 3 min., add the meat, thoroughly reheat and serve garnished with the boiled rice.

Bernice Bailey, Hudson High School,
Hudson, Ohio.

STUFFED LAMB CHOPS WITH MUSHROOM SAUCE

Have the chops cut about 1½ inches thick. Slit each chop, cutting to the bone. Make a stuffing by soaking 1 c. of stale bread crumbs until soft, drain, and squeeze dry. Mince an onion, add salt and pepper to taste, then mix with bread crumbs, add ½ tsp. sage, 1 tsp. or more of melted butter and a beaten egg. Fill the opening in each chop and close the edges with strips of bacon tied together. They are to be baked in a moderate oven for 1 hr. or they may be broiled.

Mushroom Sauce

Cook a slice of carrot, a slice of onion, a bit of bay leaf and a sprig of thyme in ⅛ c. of butter until browned, stirring constantly so that it does not burn. Then add 2 tbsp. flour and, when browned, add 1 c. of brown stock (or 1 c. of water in which a beef cube has been dissolved). Cook until thickened, add salt, pepper, and a tsp. of Worcestershire sauce; strain and add a small can of button mushrooms, or fresh ones if in season.

Virginia Horsey, Las Vegas High School,
Las Vegas, Nev.

LAMB CHOPS SAUTÉD

8 medium-sized lamb chops
2 eggs
¼ c. milk
12 crackers rolled fine
Salt and pepper to taste

Wipe off the chops with a damp cloth, cut the chops about 1 inch deep along the edge so they will not shrink. Sprinkle with salt and pepper. A little flour may be dusted over the chops. Roll the crackers fine. Beat the whole eggs together, add the milk, salt and pepper. Dip each chop first into the beaten eggs, then in the cracker crumbs. Fry in hot grease and serve while hot. They may be garnished with lettuce or parsley.

Viola Comfort, Central High School,
Biloxi, Miss.

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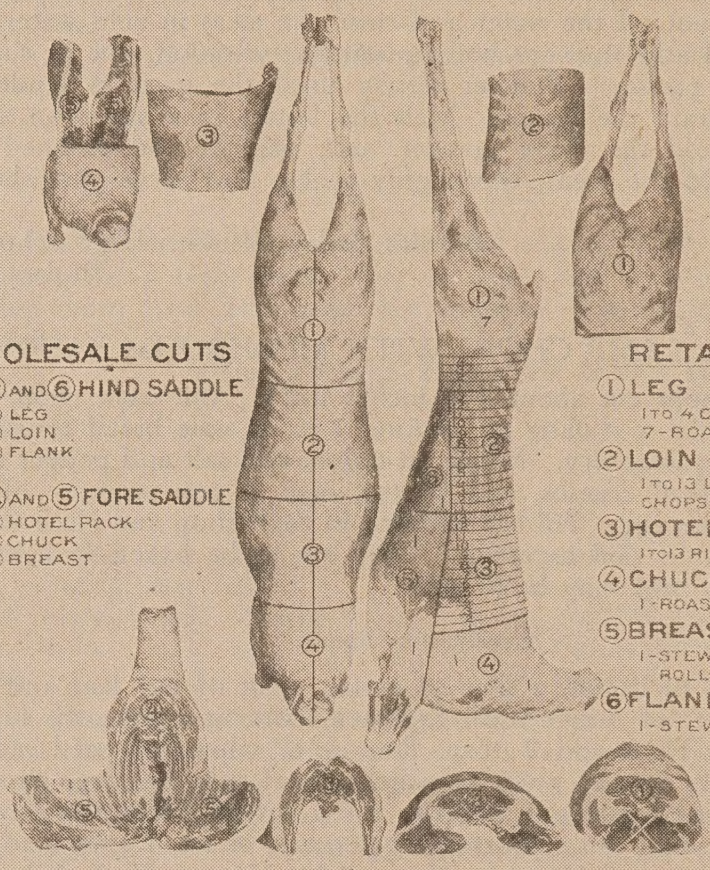
LAMB CHART



WHOLESALE CUTS

(1) (2) AND (6) HIND SADDLE
- (1) LEG
- (2) LOIN
- (6) FLANK

(3) (4) AND (5) FORE SADDLE
- (3) HOTEL RACK
- (4) CHUCK
- (5) BREAST

RETAIL CUTS

(1) LEG
- 1 TO 4 CHOPS
- 7 - ROAST

(2) LOIN
- 1 TO 13 LOIN AND KIDNEY CHOPS OR ROAST

(3) HOTEL RACK
- 1 TO 13 RIB OR FRENCH CHOPS

(4) CHUCK
- 1 - ROASTS AND STEWS

(5) BREAST
- 1 - STEWS OR BONED AND ROLLED ROASTS

(6) FLANK
- 1 - STEWS

CHUCKS & BREASTS | HOTEL RACK | LOINS | LEGS

Numerals in circles ( ) refer to wholesale cuts. Other numerals refer to retail cuts.

YIELDS OF WHOLESALE CUTS

PER CENT OF CARCASS	
(1) (2) & (6) HIND SADDLE	50.0%
(3) (4) & (5) FORE SADDLE	50.0%

SUBDIVISIONS — PER CENT OF CARCASS	
(1) LEGS	33.0%
(2) & (6) LOIN AND FLANK	17.0
(3) HOTEL RACK	12.0
(4) CHUCK INC. NECK	23.5
(5) BREAST INC. SHANK	14.5

LUNCHEON CHOPS

Lamb chops
2 c. mashed potatoes
⅓ c. minced ham or tongue
1½ c. bread crumbs
2 eggs
Salt
Pepper

Select good quality, small tender chops. Have them "Frenched" and neatly trimmed. Have ready potatoes freshly boiled, mashed, and seasoned; add ham and 1 beaten egg. Panbroil or broil chops quickly until just cooked through. Season with salt and pepper; cover 1 side of meat neatly with 1 tbsp. of potato. Dip each chop into beaten egg, then into bread crumbs. Fry in deep, hot fat until a golden brown or about 3 min. Use a large pot and fry only 2 or 3 chops at a time. Serve on a dainty platter with a mound of new string beans and diced carrots in the center.

Blanche T. Patten, Bemidji High School,
Bemidji, Minn.

LAMB CHOPS à la SOUBISE

Wipe meat with a damp cloth to remove any bits of bone clinging to it. Broil chops on a hot well-oiled broiler from 6 to 10 min., according to the thickness. Have ready a ring or mound of hot mashed potatoes and place the chops on the mound, pour a soubise sauce around the mound and place on the sauce as many browned onions as persons to serve.

Soubise Sauce

Place in a saucepan 4 sliced onions of medium size; add 4 sprigs of parsley and boiling water to cover, let simmer until the onions are tender and the water reduced somewhat, then remove the parsley and press the rest through a sieve. Prepare 1 c. of sauce, using milk, cream, or both as the liquid. Add the onion purée and beat in 2 tbsp. of butter.

Audrey Ogle, Waterville High School,
Waterville, Wash.

LAMB JELTREAT

Lamb chops
1 pkg. lime jello
1 can pimentoes sliced
1 ripe tomato

Prepare lamb chops as follows: Wipe with damp cloth, dip in beaten eggs and cracker crumbs and fry in butter until a golden brown. Serve with lime jello, slices of tomatoes and sliced pimentoes.

Pour 1 pt. of boiling water over 1 pkg. lime jello. Add tomatoes and pimentoes before jello is entirely set and pour in molds and serve with lamb chops.

Marie Brown, Rocky Ford High School,
Rocky Ford, Colo.

LUNCHEON LAMB

Boil a lamb flank until the bones can be easily removed. Press flat until cool. Cut into pieces 2 inches wide and 3 inches long. Roll in beaten egg, then in cracker or bread crumbs and sauté a golden brown. This may be served with or without tomato sauce.

Wyla Rawson, Tourtellotte Memorial High School,
North Grosvenor Dale, Conn.

MOCK FRIED CHICKEN

3 lb. lamb chops
3 c. cracker crumbs
½ c. butter or substitute
Pepper, paprika to taste
3 eggs
½ c. milk
2 tsp. salt

Sear lamb chops. Mix eggs, milk, salt, pepper, and paprika. Dip lamb chops in the above mixture, roll in cracker crumbs. Finish cooking in melted fat. Cook for about ½ hr.

Florence Strickland, Ensley High School,
Birmingham, Ala.

ROAST LAMB

Wipe meat (leg of lamb) with a damp cloth. Sprinkle with salt and pepper, place on a rack in dripping pan and dredge meat and bottom of pan with flour. Place in a hot oven and baste as soon as the flour in the pan is brown and then every 15 min. afterwards. Cook about 1¾ hr. If the flour in the pan burns add a small quantity of water, while the meat is cooking. Serve with mint sauce.

Mint Sauce

½ c. mint leaves chopped fine
1 c. hot vinegar
2 tbsp. powdered sugar

Dissolve the sugar in the vinegar and pour over the chopped mint leaves. Let stand 30 min. to infuse. If the vinegar is very strong dilute with water. Serve hot.

Helen V. Renner, John Handley High School,
Winchester, Va.

ROAST STUFFED SHOULDER OF LAMB WITH BROWNED POTATOES

3½ or 4 lb. shoulder of lamb (bone removed)

Dressing

2 c. stale bread crumbs
1 tbsp. finely cut onion
1 tbsp. drippings
1 tsp. salt
⅛ tsp. pepper
1 tbsp. chopped parsley

Wipe lamb with damp cloth; fill pocket with dressing and sew up. Put in a hot oven for 20 min. When well browned, season with salt and pepper. Add 1 c. hot water and roast 45 min.; add white potatoes, which have been parboiled, and roast until potatoes are brown. Remove to platter. Add water to pan to make 2 c. of gravy. Thicken gravy with 4 tbsp. flour mixed with a little cold water, season and cook until done.

Elizabeth M. Cather, John Handley High School,
Winchester, Va.

MEXICAN LAMB STEW

1 lb. neck of lamb
1 tbsp. drippings
2 tbsp. flour
1 onion chopped
3 tomatoes chopped
3 green peppers chopped
2 qt. hot water
½ tsp. vinegar
1 c. green peas
1 c. green corn
½ c. rice
1 tbsp. salt
¼ tsp. pepper
1 egg
1 tsp. salad oil

Roll the lamb, cut in small pieces, in the flour, brown in the drippings with the onion, add the tomatoes and green peppers, panfry all together for a few min., then add the hot water, salt, and pepper, and simmer for about 1 hr. Add the peas, corn cut from the cob, and the

rice. Cook until the rice is done. When ready to serve, put in the bottom of the serving-dish the egg mixed with the oil and vinegar. Pour stew over this.

Margaret Fox, Steelton High School,
Steelton, Pa.

FRENCH MUTTON CHOPS

Select nice lean mutton chops; trim and let lay for 15 min. in melted butter, turning them several times. Drain to let the surplus fat drip off, and broil until tender, turning often; remove from the fire; season with salt and pepper and arrange them on a chop plate in a circle, the large ends overlapping. Have ready and hot ½ can of tomatoes, cooked down until nearly dry, ½ can of mushrooms, and ½ can of peas; season with 2 tbsp. butter, salt and pepper to taste. Make this into a mound in the center, and garnish around the edge with nasturtium leaves and flowers.

Cletius Waid, Nevada Senior High School,
Nevada, Mo.

MUTTON CHOPS WITH KIDNEY SAUCE

Loin chops, cut double thickness—that is 2 loin chops are cut in 1. Slices are parboiled, then sautéd until a very dark brown, that just escapes burning. They are then placed on a hot platter for 5 min. and put in the warming oven, to allow the heat to penetrate. The flavor is delicious.

Kidney Sauce

Split 2 sheep's kidneys lengthwise and remove the white part. Dip them first into boiling water, then into cold, remove the skin and chop the kidneys, preferably with a chopping knife, into pieces no bigger than a split pea. Melt in a frying pan 3 tbsp. butter substitute; add the chopped kidneys, cover the pan, and cook, stirring now and then until the pieces are nicely browned. Add 2 tbsp. flour and stir this into the kidneys and butter substitute. Pour over all 1 c. of stock—this may be made from a bouillon cube, dissolved in 1 c. of water and seasoned with salt and pepper to taste. Add 1 tsp. Worcestershire or other sauce, and serve in a sauceboat with the chops.

Katharine Warren, Somerset High School,
Somerset, Ky.

LAMB OR MUTTON EN CASSEROLE

2 lb. neck, breast, or shoulder of lamb or mutton
Flour
Fat for browning
Water or stock
4 carrots
2 c. peas
2 tsp. salt
Pepper
3 allspice berries

Cut meat into pieces suitable for serving. Roll in flour, and brown in a frying pan with hot fat. Remove to casserole and cover with boiling water or stock. Wash, scrape, and cut carrots into halves. Add them and the spices to the meat in the casserole. Cover, and cook at simmering temperature for 2 hr., then add the peas and the seasoning. Cook until tender. Serve hot from the casserole. One-half c. of rice may be used instead of the carrots and peas. Tomatoes also make a pleasing addition.

Myrtle Griffen, Troy High School,
Troy, Ala.

MUTTON AND TOMATOES

Cube 6 medium-sized potatoes, and cook in salted water until thoroughly done. While cooking, chop one small onion and cook in 2 or 3 tbsp. of bacon fat until browned. Trim the fat from 1 lb. of mutton, which has been cut from the leg and cut in cubes. Put into bacon fat with onion and brown on all sides. Place a layer of potatoes in a baking dish, cover with 2 tomatoes which have been sliced, then add ½ of the browned meat and onion. Over this place 1 thin sliced green pepper. Repeat and fill the dish with well-seasoned gravy or stock, cover and bake 30 min. in a hot oven.

Rebecca White, Reidsville High School,
Reidsville, N. C.

SHEPHERD'S PIE

1 lb. mutton or lamb (from the shoulder)
2 c. carrots
2 c. white turnips, pared and diced
1 onion, pared and diced
2 or 3 stalks celery, cut fine
4 or 5 potatoes cooked separately, mashed and seasoned

Remove fat and gristle and cut meat into 2-inch cubes. Put a little fat in a hot frying pan (use suet, if at hand) and quickly brown the cubes of meat. Place them in a stewpan with a lid, and add enough hot water to cover the meat. Let this simmer for an hour, then add the vegetables and continue cooking until all are tender. Add water as needed. When the stew is cooked, pour it into a greased baking dish, spread the seasoned mashed potatoes over the top, and brush the potatoes over with butter. (If you wish to use left-over mashed potatoes, mix them with a little milk, or egg and milk, to moisten them slightly.) Put the dish in the oven until the potatoes are brown.

Madonna Barger, Portland High School,
Portland, Ind.

STUFFED MUTTON

Use about 3½ lb. of a shoulder of mutton, and have the butcher cut a pocket in it. Stuff with a filling made as follows: Put 1 tbsp. of drippings in a pan with 1 tbsp. of chopped onions and cook 2 min. Soak pieces of bread equivalent to a loaf in cold water for 3 min.; press out the water and add to the onions; add a tsp. of salt, a dash of pepper, and a little chopped parsley. Mix thoroughly, press into pocket of the shoulder and sew up the opening. Now place meat in a dripping pan, rubbing well with salt, pepper, and flour; pour over it a little drippings and hot water. Cook in a hot oven for 20 min., then add thinly pared potatoes and roast for 1½ hr. Serve with a fruit jelly and cooked onions.

Kathryn Miller, Eastern High School,
Washington, D. C.

POT-ROAST OF MUTTON WITH CURRANT-MINT SAUCE

Use 2½ lb. of mutton (plate) and seasoning. Wipe meat, sprinkle with salt and pepper, place on rack in dripping pan, and dredge meat and bottom of pan with flour. Bake in a hot oven for 2 hr., basting frequently with butter, or other fat. Serve with currant mint sauce which may be made as follows: Separate ⅔ of a glass of currant jelly in pieces, but do not beat it. Add 1 to 2 tbsp. of finely chopped mint leaves and shavings of an orange rind. Serve around roast.

Annie Laurie Lane, Central High School,
Sherman, Tex.

RAGOÛT OF MUTTON WITH FARINA BALLS

1½ lb. neck of mutton (cut into small pieces)
1 tbsp. butter
1 tbsp. flour
1 onion
½ can peas
2 c. hot water
1 tsp. salt
¼ tsp. pepper
1 bay leaf
1 clove

Farina Balls

¼ c. farina
1 c. milk
¼ tsp. salt
⅛ tsp. pepper
Onion juice
1 egg yolk

Put butter in frying pan. When melted, add flour and brown. Add carrot and onion, cut in dice. Remove vegetables and add meat, searing well. To meat and vegetables add hot water and seasonings. Put into suitable kettle, cover and simmer 2 hr. Add peas 10 min. before serving in a dish with farina balls made as follows:

Cook farina and milk in double boiler 1 hr. Add seasonings and well-beaten egg yolk. Stir well and cool. When cold roll into balls. Dip in egg and crumbs and fry in deep fat.

Marguerite Coffin, Modesto High School,
Modesto, Calif.

PICNIC SANDWICHES

12 slices buttered toast
6 crisp lettuce leaves
6 slices cold mutton
1 pimento
½ c. mayonnaise
½ tsp. celery salt
½ tsp. paprika
¼ tsp. pepper
½ tsp. salt

Between thin slices of buttered toast place lettuce leaves, thin slices of cold mutton; add celery salt, paprika, pepper, salt, and pimento chopped fine. Serve with mayonnaise or boiled salad dressing.

Martha Ezell, Ensley High School,
Ensley, Ala.

ROAST LEG OF MUTTON à la VENISON

Put in a large bowl, 2 parts of vinegar to 1 part of water, enough to cover a leg of mutton. Add 1 or 2 onions sliced, a sprinkling of whole pickling spices and salt. Let stand for 2 days. Place mutton in pan, pour some of the liquor over the meat and bake. As the liquor evaporates add more. When done, thicken the sauce with flour. If desired a can of peas may be added to the sauce.

Sylvia Kirk, Estherville High School,
Estherville, Iowa.

BARBECUED LAMB

Cut cold roast lamb in thin slices and reheat in sauce made by melting 2 tbsp. butter, and adding to it ¾ tbsp. vinegar, ¼ c. currant jelly, ¼ tsp. French mustard, and salt and cayenne to taste.

Esther Walley, State Agricultural High School,
Velva, N. D.

DICED LAMB

2 c. cold cooked lamb or veal
2 tbsp. butter
2 tbsp. flour
½ tsp. dry mustard
¼ tsp. paprika
1¼ c. water, stock or milk
1 tbsp. currant jelly
2 eggs
2 tbsp. lemon juice or vinegar
Rounds of Boston brown bread

Cut the meat into dice. Rub together butter, flour, salt, mustard, and paprika. Combine this mixture with the water, stock, or milk and stir until it boils. Add jelly and the eggs unbeaten. Beat the whole with a Dover beater until thick. Add the diced meat, and stir for a few min., until it is hot all through, then add the lemon juice or vinegar and turn into a hot dish. This is particularly good served on rounds of Boston brown bread, toasted on both sides and buttered.

Louise Dyer, Lehigh High School,
Coalgate, Okla.

LAMB—CREOLE STYLE

Melt 3 tbsp. of fat; in it cook 1 tbsp. of chopped onion and 2 tbsp. green pepper. When these are softened and yellowed, stir in 3 tbsp. of flour and ½ tsp. of salt. When smooth, add 1 c. of lamb broth and ½ c. of tomato pulp; stir until boiling, then add 1 tsp. of grated horse-radish, 1 tsp. of lemon juice, and 1½ c. of cooked meat, cut in ½-inch pieces; serve very hot with plain boiled rice or toast.

Georgia Graves Colby, Crockett Technical High School,
Memphis, Tenn.

CROQUETTES

(Lamb, Beef, or Pork)

3½ c. chopped meat
1 tbsp. parsley chopped
2 tbsp. lemon juice
1½ tsp. salt
Few grains cayenne
1 pt. milk
¼ c. butter
½ c. flour
½ tsp. white pepper
1 tsp. celery salt
Few drops onion juice

Make a thick white sauce of the butter, milk, flour, and salt. Season the meat and add to white sauce. Spread on a shallow dish to cool. As soon as it can be handled, shape into croquettes or rolls; roll in fine bread crumbs, then dip in beaten egg (dilute 1 egg with 2 tbsp. water), then in fine bread crumbs again and fry in deep fat until golden brown. Drain on unglazed paper. Croquettes may be reheated the next day over boiling water, and are just as palatable as when freshly cooked. Croquettes may be baked. Serve with meat sauce.

Annie Morton, Palestine High School,
Palestine, Tex.

MOUND OF LAMB WITH PEAS

2 c. cold chopped lamb
1 small onion, chopped
1 c. cold potatoes
Pepper and salt
3 tbsp. stock
¾ c. buttered crumbs
1 c. green peas

Mix lightly with a fork the chopped meat, potatoes, onion, and seasonings. Heap it in a mound in the middle of a shallow baking dish. Cover with buttered crumbs and bake until brown. When ready to serve, pour around it 1 c. green peas drained and seasoned.

Charlotte Ritter, Thornton Township High School,
Harvey, Ill.

LAMB TIMBALES

Cook together for 5 min. 2 tbsp. of butter, ½ c. of soft bread crumbs, and 1 c. of milk. Add 1 c. of finely chopped, cold cooked lamb, 2 slightly beaten eggs, ½ tsp. of salt, ¼ tsp. of paprika, and turn into buttered timbale molds. Bake, having molds surrounded by water, until

the mixture is firm. Serve with a cream sauce to which have been added 2 canned pimentoes which have been rubbed through a sieve.

Fanny Alice Dayton, Sparta High School,
Sparta, Wis.

FRICASSEED MUTTON AND EGGPLANT

Cut into squares sufficient cold mutton to measure 1 pt., dust with salt and pepper, and brown slightly in 1 heaping tbsp. butter. Skim the meat into a saucepan, and in the butter which remains, sauté 1 good-sized eggplant which has been pared and cut into dice. Add the eggplant to the meat. Place in the frying pan 1 scant tbsp. flour; when browned add 1 pt. stock or broth, stir until thickened and season with 1 tsp. salt and a dash of red pepper. Turn into a saucepan. Cover and simmer for 25 min.

Hilma Johnson, Weatherwax High School,
Aberdeen, Wash.

MEAT STUFFED PEPPERS

2 large green peppers
½ lb. of chopped lamb or mutton (cooked)
½ c. of bread crumbs
1 egg
½ tsp. salt
⅛ tsp. pepper

Wash peppers, cut in half lengthwise and clean out seeds; parboil for 15 min. Mix ingredients thoroughly, fill peppers till rounding. Place in baking dish, put in hot oven and bake from 15 to 30 min., and serve. Garnish with egg and beets or red pimentoes. Any left-over meats may be mixed together and used this way.

Ruth Irene Wiant, Washington County High School,
Akron, Colo.

MUTTON RECHAUFFE

1 c. cold mutton, chopped
¼ c. butter
¼ tsp. mustard
Yolks of 2 hard-boiled eggs
½ c. gravy or juice from roast
1 tbsp. Worcestershire sauce
2 tbsp. currant jelly

Cream ¼ c. butter, add ¼ tsp. mustard and the sifted yolks of 2 hard-boiled eggs and stir into ½ c. of platter gravy, or juice from the roast and ¼ c. of hot water; add 1 tbsp. of Worcestershire sauce, 2 tbsp. currant jelly and 1 c. of chopped cold mutton. Season to taste with salt and pepper and serve as soon as the meat is heated through. Serve with hot Boston brown bread.

Leola Allison, Millersburg High School,
Millersburg, Ohio.

STUFFED TURNIPS

6 turnips
1 c. cold mutton
½ c. peas (cooked)
Parsley
Seasoning
Meat stock or meat aspic (meat aspic preferred)

Clean and wash turnips thoroughly. Cut off tips and drop turnips into boiling salted water and cook until almost tender. Cut off tops and remove center of turnips. Cut up fine the peas, parsley to taste, and seasoning and mix with mutton cut in cubes. Moisten with enough meat stock or meat aspic for ingredients to stick together. Fill turnips. Cap may or may not be replaced, as desired. Place in well-greased baking dish. Bake in a moderate oven until brown. Serve.

Margaret Ferrario, John Swett Union High School,
Port Costa, Calif.

Miscellaneous Meat Dishes

CHILI CON CARNE

3 slices bacon, cut fine and browned
2 lb. ground meat (beef round)
6 large red peppers
2 onions, cut fine
2 c. cooked brown beans

After soaking red peppers on the back of the stove in 3 c. of water for ½ hr., squeeze juice from pulp. Add juice to other ingredients and cook slowly 2 hr. Salt to taste.

Gertrude Schnebly, St. Johns High School,
St. Johns, Ariz.

CHOP SUEY

Cut in 1-inch cubes 1 lb. pork, or veal, and cook 5 min. in frying pan in 2 tbsp. chicken or other fat. Cut 1 c. celery in thin slices crosswise, add 1 onion peeled and cut in thin slices, 6 mushroom caps peeled and sliced, 6 Chinese water chestnuts peeled and sliced. Cook vegetables 5 min. in 2 tbsp. chicken fat or butter. Add ½ lb. bean sprouts, 1 tsp. Shoyu sauce, 2 c. chicken stock or water and the cooked meat, and simmer gently until bean sprouts and meat are thoroughly cooked. Season with salt and few grains of pepper.

Ida Backa, Weatherwax High School,
Aberdeen, Wash.

GREEN TOMATO MINCE MEAT

8 lb. green tomatoes—ground and not drained
8 c. white sugar
4 c. seeded raisins
2 c. vinegar
2 c. water
6 c. chopped apples
4 tbsp. ground cinnamon
1 tbsp. ground cloves
Salt and pepper to taste
4 lb. beef (cooked and ground)
2 lb. suet—chopped

Have all ingredients ready; make a syrup of sugar, vinegar and water, put in tomatoes and cook until clear, add raisins and other ingredients, boil 20 min., seal while hot. Add a little flour and butter when making the pies.

Audrey Ogle, Waterville High School,
Waterville, Wash.

UNCOOKED ENGLISH MINCE MEAT

2 lb. cooked beef
3 lb. raisins
¼ lb. candied lemon
¼ lb. citron
6 lb. chopped apples
1 tbsp. salt
1 tbsp. ginger
1 tbsp. allspice
2 lb. beef suet, chopped
3 lb. currants
¼ lb. orange peel
1½ lb. brown sugar
3 lemons, juice and rind
1 tbsp. cinnamon
1 tbsp. cloves
1 whole nutmeg grated

Mix all together very thoroughly. Add 1½ pt. boiled cider. Do not cook at all. Pack in a crock as solidly as possible and cover with melted paraffin. May be used in 2 or 3 weeks. When ready to make the pies thin down with liquid from canned peaches or any sweet pickle.

Irene Porisck, Mountain Lake High School,
Alpha, Minn.

Pork Dishes

BACON FRAZE

Beat 4 eggs very light, add ½ c. milk, 1 tbsp. flour, 1 tsp. pepper. Lay 8 or 9 slices of thinly cut bacon in frying pan. When slightly brown pour the batter over them. Brown on both sides. Serve on hot platter.

Mary Sylvester, Fortville High School,
Fortville, Ind.

LUNCHEON BACON

Bread toasted on one side
Grated cheese
Bacon in thin slices

Use slices of bread toasted on one side only. Place on untoasted side, 2 thin slices of bacon. Sprinkle with cheese and crisp in very hot oven.

M. Hope Cross, Oliver Ames High School,
North Easton, Mass.

SCALLOPED ONIONS WITH BACON

4 medium-sized onions
¼ lb. sliced bacon
Flour
Salt (pinch)
Pepper
Milk

Peel the onions and cut them into thin slices. Cook the bacon until brown. Oil a baking dish and place a layer of onions in it, then a layer of bacon and sprinkle with pepper, salt, and flour. Repeat until all the ingredients are used. Add the milk until it reaches the top layer. Bake in a moderate oven for about 1 hr. Bake until much of the milk has evaporated and the onions are tender. Serve hot.

Eugenia McFadden, E. W. Grove High School,
Paris, Tenn.

SCALLOPED POTATOES WITH BACON

Pare 4 medium-sized potatoes and cut them into thin slices. Broil ¼ lb. of sliced bacon until brown and cut each slice of bacon into several pieces. Oil baking dish and place a layer of potatoes in it, then a layer of the bacon and some tried out bacon fat. Sprinkle with flour, salt, and pepper. Repeat until all ingredients are used; the top layer should be bacon. Add milk until it reaches the top layer. Bake in moderate oven for 1 hr. or until much of the milk is evaporated and potatoes are tender. Serve hot.

Edna Hanning, Alford Wallace High School,
Van Buren, Ark.

SLUMGULLION

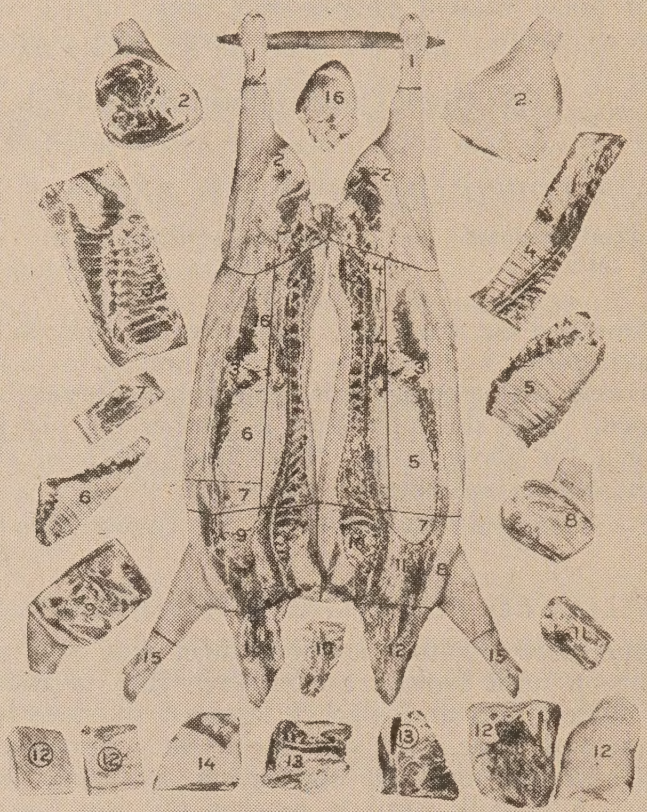
2 slices bacon cut in small pieces
½ onion
½ can tomatoes
¼ lb. cheese
¼ lb. cooked beef (fresh or left-over) cut in small pieces

Fry bacon and onions together for 20 min. Add the tomatoes and meat and cook 20 min. longer. Add the cheese cut in small pieces and let it melt. Serve on bread. This makes an appetizing dish for camp life.

Margaret Millard, Sandpoint High School,
Sandpoint, Idaho.

U.S. DEPARTMENT OF AGRICULTURE
BUREAU OF AGRICULTURAL ECONOMICS
DIVISION OF LIVESTOCK, MEATS AND WOOL

FRESH PORK CHART
WHOLESALE AND RETAIL CUTS



WHOLESALE CUTS - PERCENTAGE OF CARCASS

1 - HIND FEET	1.00%	7 - BRISKET	2.25 %	(12) - JOWL BUTTS (TRIMMED)	2.25 %
2 - HAMS	19.00	8 - PICNIC	7.50	(13) - BONELESS BUTT	3.05
3 - CLEAR BELLIES	16.50	9 - N.Y. STYLE SHOULDER	16.00	13 - BOSTON BUTT	5.20
4 - PORK LOINS	12.75	10 - NECK BONES	.95	14 - LOIN BUTT	4.00
5 - SPARE RIBS (F.S.)	2.50	11 - PICNIC BUTT	3.02	15 FORE FEET	.92
6 - SPARE RIBS (N.S.)	1.50	12 - JOWL BUTTS (UNTRIMMED)	3.75	16 LEAF FAT	3.52

BAKED HAM WITH APPLES

2 lb. ham cut ½ inch thick
2 large baking apples
Brown sugar

Trim rind from ham and keep for seasoning purposes. Remove fat. Mince or put it through food chopper. Sprinkle the ham with brown sugar and then spread on the minced fat. Place in baking pan. Core the apples, cut in two crosswise and place on the ham. Sprinkle the apples with brown sugar. Pour hot water into pan. Bake in moderate oven for 1 hr.

Sarah Lewis, Cleveland High School,
Cleveland, Okla.

BAKED HAM

Ham—whole or half
1 c. brown sugar
1 c. cider or ½ c. vinegar
1 tsp. pepper
2 tbsp. flour

Wash and scrub the ham in warm water, soak over night. Whether a whole or half ham, put on to boil with cold water, enough to cover; boil slowly 4 to 5 hr. or until tender, allowing 30 min. to the lb. Cool in water in which it was boiled; remove skin carefully. Put in pan; cover with brown sugar and pepper; add 2 c. cold water; bake in a very hot oven 45 to 60 min.; baste frequently. When brown, add cider or vinegar and thicken with flour. Serve with baked sweet potatoes and butter.

Leola Francis, Porterville Union High School,
Porterville, Calif.

HAM AU GRAUTIN

Place a thick slice of ham in a pan. Peel several Irish potatoes and put around the ham. Cover with milk. Bake slowly from 45 min. to 1 hr., or until the potatoes are done and the milk has evaporated, leaving a light brown skin over all. This skin gives a distinctly cheesy flavor to both ham and potatoes.

Gertrude Schnebly, St. Johns High School,
St. Johns, Ariz.

HAM BAKED IN MILK

Rub a thick slice of ham with mustard; place it in a casserole and cover with milk. Bake 1 hr. in a moderate oven, removing the cover of the casserole the last 15 min. Serve with mashed potatoes, buttered carrots, celery and apple Betty.

Ruth Stine, Mt. Carmel High School,
Mt. Carmel, Pa.

ROAST HAM

Soak a 12 lb. ham for several hr. or overnight in enough cold water to cover. Wash well, scrape, and trim off hard skin near the end of the bone. Put in a kettle with ½ c. each of sliced onion and carrot, 2 strips of parsley, ½ bay leaf, 4 cloves and 5 peppercorns. Cover with cold water, bring slowly to the boiling point, and simmer until tender, about 4 hr. Add 1 qt. of sweet cider. Allow ham to cool in liquor. Remove it, take off the skin, sprinkle with sugar and fine bread crumbs. Put dashes of paprika over ham, about every 2 inches, and insert cloves in center of each dash of paprika. Bake for 1 hr. in a slow oven.

Maria L. Ontiveros, El Paso High School,
El Paso, Tex.

STUFFED HAM

1 medium-sized ham
1 pt. bread crumbs
1 tsp. mustard
3 eggs well beaten
1 tsp. red pepper
1 c. brown sugar
3 pickles, chopped
1 tsp. cloves
1 tsp. allspice
1 tsp. black pepper
1 tbsp. chopped celery
1 c. sweet milk
Boiled eggs

Boil ham for 3 hr. When cold skin it and make incisions in ham lengthwise, as deep as possible. Make a stuffing of bread crumbs, 1 tsp. each of cloves, cinnamon, allspice, 3 beaten eggs, black and red pepper mixed, chopped celery, brown sugar, pickles, and sweet milk. Mix thoroughly into soft paste. Fill incisions and cover ham with same. Put in oven and brown slowly. Garnish ham with slices of boiled eggs and pickles. Whole cloves may be used instead of pickles.

Clara A. Harrington, Middlebury High School,
Middlebury, Vt.

CREAMED HAM AND POTATOES

1 c. finely chopped cooked ham
2 c. freshly cooked potatoes, diced
3 tbsp. butter
3 tbsp. flour
1½ c. milk
1 tbsp. minced parsley
1 tbsp. minced green pepper
Salt and pepper to season

Melt butter, add chopped green pepper and parsley and cook slowly from 3 to 5 min. Stir in the flour, then add milk. Cook until thickened and smooth, then add ham, seasonings, and cold potatoes. Cover and reheat over hot water or a very slow fire from 5 to 10 min. Sprinkle with chopped parsley and serve very hot.

Katherine Pitzer, Grafton High School,
Grafton, W. Va.

HAM EN PANIER

6 dinner rolls
½ lb. boiled ham chopped
5 hard-cooked eggs
Few sprigs of parsley
3 tsp. prepared mustard
¼ tsp. salt
Dash of pepper
1 c. milk
1 tbsp. flour
1 tbsp. butter

Cut a slice from the top of each roll; scoop out the center and dry out the shells in the oven, then brown slightly under the broiler. Meanwhile, put the ham, 4 of the hard-cooked eggs, and the parsley through the food chopper, then add the mustard to this mixture. Make a sauce by melting the butter in the top part of a double boiler, add the flour, pepper, and salt. When smooth, add the milk, cook until slightly thickened and then add the ham mixture. When well blended, remove from heat and put into the cases. Garnish each roll with slices of the remaining hard-boiled eggs and small pieces of green pepper and pimento.

Lillian Leatrice McMann, Harbor Beach High School,
Harbor Beach, Mich.

HAM à la KING

1½ c. white sauce
2 c. chopped boiled ham
1 c. cooked mushrooms
1 green pepper
1 pimento
1 tsp. salt
1 tsp. pepper

Cut up boiled ham in small pieces. Add ham and remaining ingredients to white sauce which may be made with 2 tbsp. butter, 3 tbsp. flour, 1 c. milk, and 1 tsp. salt. Mix the flour and water until smooth,

add a little more cold water to make it thin enough to pour; add flour mixture gradually to scalded milk and salt and butter, stirring constantly until thickened.

Martha Ezell, Ensley High School,
Ensley, Ala.

HAM AND PINEAPPLE

Heat to the boiling point ⅔ c. of syrup from canned pineapple. Add 1 tsp. cornstarch diluted with 2 tbsp. water. Stir and boil 1 min. Add boiled ham cut in pieces for serving and let simmer until heated through. Dredge pineapple slices with flour and sauté in butter until delicately browned. Put ham in center of platter and surround with pineapple, cut in halves with a maraschino cherry where core was removed. Pour remaining sauce over the meat and garnish with parsley.

Ruby Wolfe, Hudson High School,
Hudson, Ohio.

PLANKED HAM STEAK

From the center of a smoked ham cut a slice an inch thick, remove the bone, and place in the center of a hot, greased plank. Cook in a moderate oven (375° F.) or on the lowest rack of the broiling oven for 15 min. Turn the ham, cooked side down, surround with sliced cold, cooked potatoes, cut half an inch thick, sprinkle with salt and pepper, brush with melted butter. Lay over the ham 2 large tomatoes, cut in inch-thick slices and in the center of each slice put a bit of butter as big as a hazel nut. Push the plank back into the oven, and cook 30 min. longer or until the ham is done and potatoes nicely browned.

Ruth Sipple. Larned High School,
Larned, Kan.

SAVORY SLICED HAM

1 lb. thinly sliced boiled ham
¼ tsp. pepper
1 c. grated American cheese
3 tsp. mustard
2 tbsp. catsup

Mix thoroughly mustard, pepper, catsup, and cayenne pepper. Spread the slices of ham with mixture and place 1 slice of the meat on the top of another with grated cheese between, forming a brick-shaped pile. Bake for 15 min. in a 350° F. oven. Remove, cool, and chill thoroughly in a refrigerator. Cut down in slices at right angles to the layers.

Agnes Vetter, Beaver Dam High School,
Beaver Dam, Wis.

HAM SALAD

4 eggs
½ c. boiled ham
Cream
Lettuce
1 stalk celery
¼ tsp. salt
Paprika
Mayonnaise

Mash the yolks of the eggs (hard-boiled) with the ham cut fine; add enough cream to make the mixture smooth. Add celery, salt, and a pinch of paprika. Cut the whites of the eggs into rings, then make the mixture into little balls and put them in the rings of egg which have been placed on lettuce leaves. Cover with mayonnaise.

Leone E. Wilkinson, Newton High School,
Prairie City, Iowa.

HOT HAM TIMBALE WITH PEAS

Melt 2 tbsp. of butter, add ¼ c. of fine bread crumbs, ⅔ c. of milk and 1 c. of chopped (boiled or baked) ham, ½ tbsp. of chopped parsley, and 2 eggs slightly beaten. Season to taste with salt and pepper. Turn into a buttered ring mold and set in a pan of hot water. Bake in a moderate oven until firm to touch. Remove from the mold to a hot serving dish, fill the center with hot, seasoned peas and serve with white sauce.

White Sauce

Melt 3 tbsp. of butter, add 3 tbsp. of flour and when smooth, add 1½ c. of milk slowly. Cook for 5 min., and serve.

Harriet de Groat, Girls' High School,
Paterson. N. J.

ARABIAN STEW

6 lean pork chops
6 tbsp. raw rice
1 large onion
3 c. hot water
2 tomatoes
1 green pepper
⅛ tsp. pepper
3 tsp. salt

Sear the chops on both sides in a hot frying pan, then remove to a casserole. On each chop place 1 tbsp. of rice, a slice of onion, a slice of tomato (or the equivalent in stewed tomatoes) and 2 strips of green pepper. Sprinkle over all with salt and pepper. Add the hot water, cover and bake from 1 to 1½ hr. in an oven registering 350° F.

Eleanor Louise Presseau, Washington Irving High School,
Clarksburg, W. Va.

BOBBLE GASH

1 lb. lean pork
1 lb. veal
1 tbsp. lard
1 tbsp. flour
3 onions
5 potatoes
1 c. cream

Cut the pork and veal in small pieces. Put the lard in a kettle; when hot, add the onions sliced. As they commence to brown, drop in the meat and stir constantly until brown; then cover with water and boil 45 min. Season with pepper and salt. Pare and cut the potatoes in small dice; when boiled, add them to the meat with cream. Thicken with flour.

Lora Nielson, Ephriam High School,
Ephriam, Utah.

PORK CHOPS EN CASSEROLE

Select 2 lb. of shoulder pork chops. Roll the chops in fine bread crumbs which have been seasoned with 1 tsp. salt, ⅛ tsp. pepper and ⅛ tsp. sage. Place the chops in a low roasting pan or baking pan which has 2 tbsp. of fat melted in it. Brown on 1 side, then on the other. Add 3 apples pared and quartered, placing them around and on top of the chops, and just enough water to cover the bottom of the dish. Bake in a moderate oven for 35 min. Serve on a platter with the apples as a garnish. Make a gravy from the juice in the pan.

Gertrude Fenerty, Conant High School,
East Jaffrey, N. H.

PORK CHOPS WITH SWEET POTATOES

Pare sweet potatoes and place them in the bottom of a roasting pan. Wipe the pork chops and place them on top of the potatoes. Place the roasting pan on the top shelf of a hot oven, in order to brown

the chops. Brown on one side; turn the chops with a fork and brown on the other side. Then remove the roasting pan from the oven, sprinkle the chops with salt, pepper and powdered sage. Add a little boiling water. Return to the oven. Cover and bake 1 hr. or until the potatoes are tender. Baste the potatoes and meat occasionally. Remove the chops to the center of a hot platter and surround them with the potatoes. Serve at once with apple sauce.

Apple Sauce

Cook fruit in enough water to keep from scorching. When the fruit is tender, remove it from the fire, stir or beat until smooth. Add the sugar at once and stir until the sugar is dissolved. Use ⅛ to ¼ c. of sugar for each c. of cooked fruit. If the fruit is somewhat lacking in flavor, it is often improved by adding spices or other flavoring.

Gertrude Reed, Greencastle High School,
Greencastle, Ind.

COTTAGE CHOP ROAST

2 chops (to each person)
Salt and pepper
Other seasoning may be added

Purchase loin pork chops of uniform size. Trim off surplus fat. Place trimmings in dripping pan and place on stove. Have ready a dressing. Put chops in pan and place a generous pat of dressing on each chop. Proceed until chops and dressing have been used, first a chop then a pat of dressing. Fasten together with skewers or toothpicks, in order to secure the form of a roast. Place in dripping pan and cover. Let cook 45 min. in hot oven. Add a little boiling water to roast if it becomes too dry. Remove from oven, placing the roast on hot platter and in a warm place until served. Thicken the broth left in the pan, strain and season. Garnish with sprigs of parsley and serve with apple-sauce.

Dressing

2 c. dry bread crumbs
2 eggs
1 tbsp. butter
Season to suit taste with salt and pepper

Beat eggs slightly. Place crumbs in pan, add eggs, seasoning, salt, and pepper. Mix well. If not moist enough, a few spoonfuls of milk may be added. Do not moisten dressing too much.

June Daisy Keesling, Ketchikan High School,
Ketchikan, Alaska.

PORK CHOPS WITH DRESSING

Trim off superfluous fat from thickly cut pork chops, dip in beaten egg and bread crumbs, season with salt and pepper, place in hot frying pan and brown on both sides. Heap a generous spoonful of dressing on top of every chop, add a little water and cover pan. Set in moderate oven and cook for 1 hr. or more, basting frequently. Make a gravy by thickening the drippings in the pan.

Dressing for Chops

2 c. bread crumbs
½ c. hot milk
4 tbsp. butter
Salt, pepper and sage

Mix ingredients together using bread that is at least 24 hr. old and adding sufficient salt, pepper and powdered sage to please one's taste. Melt the butter before using. An egg may be added if desired.

Austrid Midthun, Fremont County Vocational High School,
Lander, Wyo.

CROWN OR CORONET ROAST OF PORK

Select ribs of a young pig and have the butcher arrange and cut them so that a ring will be formed with the scraped bones showing above the meat. Cover the tip of each bone with paper while roasting to prevent burning. When serving remove these papers and substitute a large cranberry as a finish to each bone or a frill of paper may be used instead.

Roast as you would ordinary spare-ribs and serve with mashed potatoes inside the "crown" and a border of bright red steamed apples as a garnish. The apples should be of uniform size and steamed, rather than baked, to preserve their color.

Elizabeth Richardson, Chestertown High School,
Chestertown, Md.

ENGLISH PORK PIE

Cut into fine pieces 2 lb. of lean fresh pork from the shoulder. Remove any superfluous fat. In a large kettle place a shoulder bone, the chopped meat and 2 small pig's feet, and add the following seasonings: 1 small chopped onion, 1 bay leaf, 1 tsp. salt, ½ tsp. pepper, ⅛ tsp. sage. Cook slowly until the meat is tender. Remove the meat from pan and reserve the stock. The pig's feet are used to give stock and are not put in with the pie.

Make a plain pie crust and use it to line small baking dishes or tins. Add the pork, after moistening with a small amount of water. Cover the top with a round piece of crust. Set in a hot oven, and when slightly brown reduce the heat and bake for 45 min. Remove from the oven and, through a slit in the top crust, add the hot stock. Chill for several hr. or over night and serve cold.

Charlotte Fee, Proviso Township High School,
Forest Park, Ill.

FRICATELLI

Chop raw fresh pork very fine, add a little salt, plenty of pepper, 2 small onions chopped fine, half as much bread as there is meat (soaked until soft) and 2 eggs. Mix well together, make into oblong patties and fry like oysters. These are good for breakfast; if served for supper, serve with sliced lemon.

Julia Puhl, Maumee Union High School,
Maumee, Ohio.

MEAT AND VEGETABLE SALAD

1 can asparagus tips
Pimentoes
Cream salad dressing
Stuffed olives
Left-over pork roast

Cube pork and mix with olives. Cut pimento in rings and in each ring place several asparagus tips. Arrange pork around asparagus tips. Serve with cream salad dressing.

Irene Pennington, Desloge High School,
Desloge, Mo.

PHANN-HAAS

Cook a pork bone on which there is still some meat. Drain and steam oatmeal in the liquor thus made. Run the pork through a food chopper and add to the oatmeal. Season well, pour into pans and let stand until cold. Slice and fry a crisp brown.

Dorothy Phillips, Piedmont High School,
Demorest, Ga.

PICKLED PIGS' FEET

4 pigs' feet
3 c. vinegar
1 onion
12 whole peppers
6 whole cloves
1 bay leaf
1 tbsp. salt

Split the pigs' feet, scrub thoroughly and cover with cold water. Add vinegar, bring to the boiling point and remove all scum. Add seasonings and boil slowly 2 hr. Cool in the liquid and serve cold.

Mabel Henderson, New Kensington High School,
New Kensington, Pa.

BREADED PICKLED PIGS' FEET

8 halves of pigs' feet
1 c. cracker dust
1 egg (well beaten)

Clean and season the pigs' feet and dip in egg, then roll in cracker dust. Sauté until brown in hot fat.

Marjorie Morris, Trinidad High School,
Trinidad, Colo.

PICNIC SHOULDER

Cover a smoked shoulder of pork with cold water, bring to a boil. Add ¾ c. of diced celery, 1 c. of sliced onions and 1 tbsp. of mixed whole spices. Lower flame, simmer until meat is tender, about 3 hr. Remove shoulder from liquor, skin it, dust the outside thickly with brown sugar and bread crumbs, place it in a roasting pan with ½ c. of the liquor, 2 tbsp. vinegar and ¼ c. brown sugar. Bake ½ hr., basting with the liquor once or twice.

Edna Millman, Moorestown High School,
Moorestown, N. J.

PORK SCRAPPLE

1½ lb. pork meat and bone
1 onion
1 tsp. salt
¼ tsp. pepper
2 qt. cold water
1 c. cornmeal

Fry onion and add the chopped meat and marrow bone. Add the water and cook meat until tender. Cool, skim the fat and remove the bone. Add enough water to make 1 qt. of liquid. Stir in cornmeal, salt, and pepper and cook for 1 hr. Turn into a buttered bread pan and cool. Cut into slices and fry in bacon or pork fat. Serve with gravy, molasses, or maple syrup as desired.

Martha C. Johnson, Oliver Ames High School,
North Easton, Mass.

PORK TENDERLOINS LARDED

½ lb. fat pork
4 large pork tenderloins
1 c. cracker crumbs
1 c. boiling water
2 tbsp. butter
1 tsp. salt
½ tsp. pepper
1 tsp. poultry seasoning

Wipe tenderloins with a damp cloth. With a sharp knife make a deep pocket lengthwise in each tenderloin. Cut the fat pork into long, thin strips, and with a larding needle lard each tenderloin. Melt butter in water, add seasonings and the cracker crumbs, mixing all thoroughly. Now fill each pocket in the tenderloins with this stuffing, sew up the pockets closely. Place tenderloins in a baking pan and bake in a brisk oven 45 min., basting often with a brown sauce.

Juliet Beauliea, Pawtucket High School,
Pawtucket, R. I.

MOCK DUCK (Norwegian)

2 pork tenderloins
5 boiled prunes
2 tbsp. butter
Salt
Pepper
2 apples
1 c. thick sour cream
1 c. sweet cream or very rich milk

Cut tenderloins half through lengthwise. Open and pound flat. Cut apples in thin slices, cover 1 tenderloin. Remove stones from prunes and put over apples, add seasonings and cover all with second tenderloin. Roll and tie securely. Fry in butter until brown. Pour on a little broth, the sweet and sour cream, and cook slowly for 1 hr.

Sophie Mortenson, Central High School,
Grand Forks, N. D.

ROAST PIG

A month-old pig, well-grown and plump, is best for this purpose. After dressing the pig, wash it thoroughly, first with cold water, then with soda and water, and finally with clean, cold water alone. Stuff it with the following:

1 c. bread crumbs
½ chopped onion
2 tsp. powdered sage
½ tsp. salt
3 tbsp. melted butter
1 tsp. pepper
½ grated nutmeg
2 well beaten eggs

Mix all these ingredients well, except the egg. Moisten with ½ c. of warm water or milk, beat in the eggs, and stuff the pig into its natural size and shape. Sew it up, bending its fore-feet backward, its hind-feet forward, under and close to the body, skewering them into the proper position. Dry well and dredge with flour. Put it to roast wtih a little hot water, slightly salted in the dripping pan. Baste frequently with butter and drippings to keep the skin soft and tender. Roast for about 2 hr.

Serve whole on a platter garnished with parsley and celery. Skim the gravy, add a little hot water, thicken with browned flour, boil up once, then serve.

Virginia B. Smith, Piedmont High School,
Demorest, Ga.

ROAST PORK—SOUTHERN STYLE

2½ lb. fresh ham (from Boston butt)
2 sliced onions
1 tart apple peeled and chopped
2 c. stewed or canned tomatoes
1 tsp. salt
⅛ tsp. pepper
4 tbsp. fat
Boiling water
1 c. boiled rice

Trim off small amount of fat from meat, put in hot frying pan, and when melted, brown the ham in it. Transfer to roasting pan and rub flour well into the meat, pour the tomatoes around it, add onions, apple and seasonings. Roast slowly until meat is tender; about 30 min. of roasting should be allowed to the lb. Ten min. before meat is done, add rice. Serve on a hot platter surrounded with rice and tomatoes. If liquid boils away, a small amount of boiling water may be added during the cooking.

Mildred Hildebrant, Bloomington High School,
Bloomington, Neb.

SALT PORK WITH MILK GRAVY

Cut salt pork into thin slices. If very salty, cover with hot water and allow it to stand for 10 min. Score the rind of the slices and fry slowly until they are a golden brown. Make a milk gravy by heating flour in the fat that has been tried out allowing 2 tbsp. of fat and 2 tbsp. of flour to each c. of milk. This is a good way to use skim milk, which is as rich in protein as whole milk.

Mabel Tribble, Van Buren High School,
Van Buren, Ark.

FRIED SALT PORK WITH SALT CODFISH

½ lb. salt pork
1 lb. codfish
2 c. milk (skimmed milk will do)
4 tbsp. flour
Speck salt

Cut codfish into strips, soak in lukewarm water. Cook in fresh water until tender, but do not allow the water to come to the boiling point except for a very short time, as prolonged boiling may make it tough. Cut pork into ¼-inch slices and cut several gashes in each piece. Fry very slowly until golden brown and remove, pouring off the fat. With 4 tbsp. of fat, the flour and the milk, make a white sauce. Serve codfish with pieces of pork, boiled potatoes and beets around it.

Lillian Quillin, Osborne High School,
Osborne, Kan.

STUFFED PORK PEPPERS

12 green peppers (parboiled)
2 c. left-over pork (chopped)
3 tbsp. onion juice
1 c. cracker crumbs
2 tbsp. butter
1 egg
½ c. milk
Salt and pepper to taste

Grind left-over pork in meat chopper. Melt butter. Mix pork, butter, onion juice, milk, egg, cracker crumbs, salt, and pepper. Put in pepper shells and cook in a moderate oven for 10 min.

Florence Strickland, Ensley High School,
Birmingham, Ala.

CABBAGE BALLS

2 c. cooked rice
1 c. sausage
6 cabbage leaves
1 c. tomato pulp
1 tsp. salt

Mix rice and sausage slightly. Place about ⅙ of the mixture in the center of a cabbage leaf that has been dipped in hot water long enough to wilt it. Fold leaf around the mixture and fasten with toothpicks or string, making it as nearly round as possible. Place the tomato pulp in a saucepan, when hot add cabbage balls, using large enough pan that the balls may be placed in a single layer. Sprinkle with salt, add enough water for the liquid to about cover the cabbage. Cook in a covered saucepan for about 45 min., until tender. Turn occasionally and watch to keep from sticking. Remove string and toothpicks and serve on a flat dish.

Katherine McClure, Pawnee City High School,
Pawnee City, Neb.

Soups and Broths

BEEF TEA

1 lb. lean beef
1 c. cold water

Cut beef into small pieces or put through meat chopper. Put into fruit jar; add water and allow to stand 15 to 20 min. to draw out the juice. Place on trivet or rack in pan of cold water; heat very slowly for about 2 hr. The water must not boil. Season, strain, cool and remove fat. Beef tea may be served hot or cold.

Eleanor Johnson, Woodrow Wilson High School,
Manistee, Mich.

BROWN SOUP STOCK

6 lb. beef shin
3 qt. cold water
½ tsp. peppercorns
6 cloves
½ bay leaf
½ c. of each cut in cubes—carrots, turnips, onions, celery
1 tbsp. salt
3 sprigs thyme

Cut meat in cubes from the bones. Brown ½ of the meat in hot fat. Put remaining ½ with bone and fat in kettle, add cold water and let stand 30 min. Add browned meat, heat to boiling point. Cover and cook slowly until tender. Add vegetables and seasonings. Cook until vegetables are tender.

Tillie Beauman, Lincoln High School,
American Falls, Idaho.

MUTTON BROTH

3 lb. mutton (from neck)
2 qt. cold water
1 tsp. salt
Pepper
3 tbsp. rice or 3 tbsp. pearl barley

Wipe meat, remove skin and fat and cut in small pieces. Put into kettle with bones and cover with cold water. Heat gradually to boiling point, skim, season with salt and pepper. Cook slowly until meat is tender; strain and remove fat. Reheat to boiling point, add rice and cook until rice is tender. If barley is used, soak overnight in cold water.

Anna Murphy, Lyman Hall High School,
Wallingford, Conn.

GERMAN SOUP BALLS

3 lb. knuckle soupbone or soup meat
2 qt. water
Pepper
4 eggs
Flour
Salt

Put meat to cook in cold salted water. Simmer until meat is tender. Strain the broth and season with salt and pepper. Beat the eggs until light and add enough flour to make a thin batter. Add slowly to the stock, stirring constantly until it begins to thicken in small balls. Bring to a boil, and serve immediately. The meat may be minced finely and returned to the broth, making it unnecessary to strain it. For variety, peas and carrots may be added, with or without the meat.

Dorothy Kennedy, Toppenish High School,
Toppenish, Wash.

OXTAIL SOUP

1 oxtail cut in small pieces
½ c. cut onion
½ c. diced carrots
1 c. diced potatoes
¼ c. barley
1 tbsp. salt
¼ tsp. white pepper
1 tbsp. pearl barley
Parsley or celery top
Little thyme and marjoram
1 tbsp. caramel

The oxtail should be chopped at each joint, making the pieces from 1 to 2 inches long; wash well in 2 or 3 waters; put on to boil with 2½ qt. cold water; add the barley and boil slowly for 2 hr.; then add the onion, carrot, salt and pepper; boil for 15 min. Add the potatoes and boil for 20 min.; add a little paprika, thyme, parsley, and marjoram and the caramel. Serve all with the pieces of oxtail. This makes a very nutritious soup.

Dorothy Slate, John Swett Union High School,
Crockett, Calif.

PORK AND CABBAGE SOUP

Peel and grate 2 young onions, and put into a kettle, in which ¼ c. of bacon fat has been melted. Let cook until the onion pulp is browned all over, keeping the mixture stirred to avoid burning. Add 1 lb. of thinly sliced breakfast bacon, sugar-cured ham, or slightly salted lean pork. Cut the slices crosswise into narrow strips, add to the soup kettle with 2 qt. of any good meat stock, and let the whole simmer for ½ hr. Cut into shreds the following vegetables:

1 young cabbage
1 stalk celery
1 or 2 turnips
1 or 2 young carrots

Cook these with the other ingredients in the kettle until the vegetables are tender. Thicken the soup slightly with from 4 to 6 tbsp. of flour, add seasoning. Serve from a deep tureen. This is an American adaptation of the well-known French cabbage soup which furnishes a meal in itself.

Minnie Jones, Somerset High School,
Somerset, Ky.

VEGETABLE SOUP

2 qt. beef stock
1 onion sliced
1 turnip
1 carrot
½ stalk celery
2 tbsp. fat

Heat the fat and sliced onion. Cook until the onion is browned; add a small quantity of water. Cut the vegetables into dice, add them to the water containing browned onion and cook until the vegetables are tender. Add the beef stock to the vegetables and vegetable stock; heat.

Liane Freese, Thornton Township High School,
Harvey, Ill.

Dishes From Meat Sundries

GENERAL METHOD FOR PREPARING BRAINS

Remove the skin that covers the brains, and the fibers. Place brains in a dish, add 1 tbsp. of vinegar, and cover with cold water; allow them to stand for 2 hr. Drain and put brains in a saucepan; add sufficient boiling water to cover. Bring to a boil and cook slowly for 15 min. Drain and cool, then cut each brain in fine pieces.

CALF'S BRAINS—SWEETBREAD STYLE

2 calf's brains
2 tbsp. canned mushrooms
2 tbsp. chopped walnuts
2 tbsp. shortening
2 tbsp. flour
6 patty cases or triangles of toast
2 tbsp. cream
Few drops onion juice
1 c. milk
Water cress
Salt and pepper

Rinse off brains, drop in boiling water, salted, to which a tsp. of lemon juice has been added, and cook for 15 min. Then drop instantly in ice water and leave until cold. Make a white sauce of flour, butter and milk. Remove skin and membranes from brains when cold and cut in small pieces and cook for 15 min. To the white sauce add the chopped mushrooms and walnuts, salt, pepper, and onion juice, and cook 5 min. longer. Remove from fire and stir in cream. Turn into patty cases or on triangles of toast and garnish with water cress; serve at once.

Leona Belle Richardson, Enid High School,
Enid, Okla.

GENERAL METHOD OF PREPARING HEARTS

Wash the hearts in plenty of lukewarm water. Cut hearts open and remove all veins, arteries, and blood clots. Cover with cold water and let stand 1 hr. Hearts are then ready to use in any manner of cooking desired.

BEEF HEART PIE

Clean, cut in bits and boil until tender 1 beef heart. Add 3 slices of bacon, 2 parsnips, 2 carrots, 1 onion, 2 medium-sized potatoes, in time to cook until tender. Brown 4 tbsp. of flour in the oven to thicken the stew, of which there should be 3 qt. Stir the browned flour with a little water and thicken the broth as usual. Add butter, salt, and pepper to taste. Put in baking dish and cover with crust made as follows and bake in a quick oven.

Crust

Sift 2½ c. flour with ½ tsp. of salt, 1 tsp. cream of tartar and ½ tsp. soda. Rub in 1 tbsp. lard or other shortening, mix to a soft dough with sweet milk and drop in spoonfuls on top of the hot stew, near enough together so that the dough in rising will come together and cover top of pie.

Helen L. Sanders, Central High School,
Crookston, Minn.

LAMB HEARTS

12 lamb hearts
½ loaf stale bread crumbs
1 onion
⅛ lb. salt pork
1 tsp. parsley
½ tsp. sage
½ tsp. salt
Black pepper to taste

Clean the hearts, cutting out all arteries, veins, etc., with a sharp pointed knife. Run pork and onion through a fine meat chopper; crumb

bread (should not be very dry). Chop parsley, add seasoning, mix, and fill each heart with the dressing and put in roaster without water. Cover and bake about 1 hr. When about half done, add water in order to make gravy. *Madeline Lewis,* Milo High School, Milo, Me.

GENERAL METHOD OF PREPARING KIDNEYS

Cut the kidneys in half and soak them in cold salt water for 45 min. Trim and skin if desired; dry. They are then ready for cooking in any form.

KIDNEY STEW

Cut 3 pork kidneys into small pieces, rejecting the tubes and the fat. Soak in warm water and 1 tbsp. of lemon juice for 1 hr. Drain, parboil, drain, and blanch under cold water. Now return to saucepan and add just sufficient boiling water to cover. Cook until tender, then add ½ c. of chopped onions, 2 red or green peppers chopped finely, 1 c. of tomatoes, 3 tbsp. corn-starch dissolved in ½ c. cold water. Bring to boiling point and add 1 c. of cooked barley, 1½ tsp. of salt, ½ tsp. paprika, and ¼ tsp. thyme. Heat to boiling point and serve.

Phyllis Florence Pullman, Weatherwax High School, Aberdeen, Wash.

KIDNEY á la MAITRE d'HOTEL

Split and cut in two, lengthwise, lamb's kidneys. Run a skewer through to keep them flat. Dip in melted butter and fine bread crumbs; season with salt and pepper. Broil 5 min. Serve with maitre d'hotel butter.

Maitre D'Hotel Butter

1 tbsp. chopped parsley
4 tbsp. butter
1 tbsp. lemon juice
¼ tsp. salt
Dash of pepper

Cream butter and stir in parsley. Add lemon juice, salt, and pepper. Beat well until creamy. *Madeline Jasper,* Newton High School, Newton, Iowa.

GENERAL METHOD OF PREPARING LIVER

Pour boiling water over sliced liver and let stand for a few min. Drain and wipe dry. If desired, remove the outer skin and the veins.

LAMB'S LIVER AND BACON

Wash 1 lb. lamb's liver in cold water, scald in boiling water for 5 min., wipe dry and cut in slices ¼ to ½ inch in thickness. Sprinkle lightly with flour. Fry thin slices of bacon (½ lb.), turning frequently until crisp. Place on hot platter. Sauté the liver in the hot bacon fat until brown. Season with salt and pepper, and place bacon slices on top. Garnish with onion rings and parsley. Mix a rounded tbsp. of flour in fat, brown, add slowly 1 c. of water, stirring out lumps, salt, and place in bowl. If placed on platter it destroys crispness of bacon and liver.

Phyllis L. Mohr, Newark High School, Newark, N. Y.

LAMB'S LIVER SANDWICHES

Fry several pieces of lamb's liver until brown and tender. Chop them with 2 or 3 pieces of broiled bacon. Mix with just enough mayonnaise or cooked dressing to moisten them; season; spread on slices of buttered bread. On the other slice place a piece of lettuce, sprinkle with salt and

place a slice of tomato on top. Serve the sandwich open on a plate with 2 slices of hot bacon on top. *Marian Smith,* Bemidji High School, Bemidji, Minn.

LIVER LOAF (SWEDISH)

Use lamb's, pig's or calf's liver. Slice, pour boiling water over and let stand a few min., dry. Grind fine or put through a fine sieve 1 lb. liver, and for each c. of this mixture add 2 c. of fine soft bread crumbs, 1 tbsp. fat, 1 tsp. salt, pepper, a dash of cayenne, a dash of celery salt and 4 eggs beaten. Combine well and pour into a buttered mold; set in a pan of hot water, and bake in the oven for 1 hr. Serve hot with brown or mushroom sauce, or serve cold, sliced with a vegetable salad. It may be garnished as any other meat loaf with radishes, celery, aspic jelly, etc.

Frances Erdman, Turlock Union High School, Turlock, Calif.

LIVER ROAST

Select a fresh calf's liver, trim, cover with boiling water, let it stand 5 min., then drain. In the bottom of the baking pan put 2 sliced onions, 2 thinly sliced carrots and 2 c. of thick canned tomatoes, sprinkle with salt and pepper and add a generous sprinkling of flour. Dredge the liver with flour, lay it on the vegetables and place thin strips of fat bacon or salt pork the entire length of the liver. Cover and bake 2 hr. in a moderate oven, adding 3 potatoes cut into small pieces after the first hr.

Helen Burke, Bemidji High School, Bemidji, Minn.

LIVER WITH VEGETABLES

2 lb. sliced beef liver
2 tbsp. fat
1 c. small onions
2 c. cut carrot or turnip
1 qt. small potatoes
1 tbsp. celery top or parsley
2 tbsp. flour
2 tbsp. salt
⅛ tbsp. pepper

Wash and pare the vegetables, put them in boiling water to cover, and boil for 20 min.; then put them into a baking dish or casserole with the stock in which the vegetables have been boiled; add 1 tbsp. of flour which has been mixed with cold water. Cover with the liver, prepared as follows: Remove the skin and veins from the liver; cut into convenient pieces; scald in boiling water for 5 min., dry; sprinkle with salt, pepper, and flour; put into a hot pan with fat and sear quickly over a hot fire. Cover the dish and put into a slow oven for 1 hr. Serve in the casserole.

Marie Graff, Orleans High School, Orleans, Neb.

SALMI OF LIVER

Wash calf's liver in cold water and scald in boiling water for 5 min. Cover with fresh water, boil for 1 hr. in slightly salted water, and let get cold. Cut into dice of uniform size, and for each cupful allow 1 tbsp. of butter, 1 c. of stock, 1 tbsp. of tomato catsup, and 2 tbsp. of chopped olives. Brown the butter, add 1 tbsp. of flour, and brown again, add gradually the stock and stir until smooth and thick. Put in the catsup, olives, and liver dice, season to taste, and simmer for 15 min. Serve hot.

Sarah Hutton, Junior High School, Newcastle, Ind.

GENERAL METHOD OF PREPARING SWEETBREADS

Wash sweetbreads and soak them for 2 hr. in cold water. Add the juice of ½ lemon or 1 tbsp. of vinegar and a few grains of salt to

the water in which the sweetbreads are soaked. After soaking for the time specified, drain the sweetbreads and place them in a saucepan of cold water and put over the fire; add ½ tsp. of salt; bring to a boil and let simmer for 20 min. Drain and plunge them into cold water. Drain thoroughly, press into shape and put in a cool place. They are now ready for general use. This is called blanching.

CREAMED SWEETBREADS IN DRESDEN PATTIES

Cut dry bread in 2-inch slices. Shape with a round cutter and remove centers, making cases. Dip cases in egg, slightly beaten, diluted with milk (2 tbsp. to each egg), and seasoned with salt. When bread is thoroughly soaked, drain and fry in deep fat. Separate sweetbreads (they have already been soaked in cold water for 1 hr., plunged into boiling water, parboiled for 20 min. and replunged into cold water to blanch them) and season with salt and pepper. Make a medium white sauce and warm the sweetbreads in it. Serve in hot Dresden patties and garnish with hard-boiled eggs. *Ferne Gooch,* Somerset High School, Somerset, Ky.

BORDEAUX SALAD

1 c. cooked sweetbreads cut in small pieces
1 c. cooked brains cut in small sections
Salt and paprika
1 c. celery cut in small pieces
⅓ c. minced sour pickle
Tart cooked salad dressing

Combine in order given above. Serve on lettuce. Garnish with olives and pimento. *Elizabeth Thickstun,* Cripple Creek High School, Cripple Creek, Colo.

BEEF TONGUE WITH RAISINS

Select a smoked or pickled tongue and soak it overnight in cold water. Place it in fresh cold water, add ½ lemon, thinly sliced, 1 bay leaf, 3 or 4 cloves, ½ onion, 6 peppercorns, and, if you have it, 1 small chili pepper. Simmer until tender, remove from the liquor, skin and trim neatly, and set aside while the sauce is made. For this boil the liquor down rapidly to reduce its quantity. Melt 2 tbsp. of butter, add 2 tbsp. of flour and cook to a smooth paste, then add 3 c. of the liquor which has been strained, season well and stir in the juice of ½ lemon and ½ c. of large seeded raisins. Simmer till smooth and slightly thickened, then add the tongue and continue simmering for 10 min. Remove the tongue to a platter and serve the sauce separately. *Helen Overbey,* Enid High School, Enid, Okla.

LAMB'S TONGUE á la RITZ

1 c. mushrooms
2 tbsp. flour
1 pt. stock
2 tbsp. butter
⅓ c. sour cream
1 c. cold tongue cut in small pieces
Salt and paprika
1 tbsp. lemon juice

Cut the mushrooms and sauté them in the butter. Add the flour gradually and then the stock. Cook, stirring constantly until the sauce is thick and smooth. Add the tongue and lemon juice; salt and pepper to taste. Heat thoroughly and let stand for a few minutes where it will keep hot but not boil. Just before serving add the sour cream. Serve on toast. *Elizabeth Thickstun,* Cripple Creek High School, Cripple Creek, Colo.

Some Menus Featuring Recipes in "Meat for the Family"

BREAKFASTS

No. 1

Grape fruit
Cereal Cream
Frizzled Beef (p. 13)
Toast Coffee

No. 2

Baked Apple Cream
Cereal
Bacon Fraze (p. 31)
Rolls Coffee

No. 3

Orange Juice
Kidney á la Maitre d'Hotel (p. 45)
Cornmeal Muffins Coffee

No. 4

Stewed Prunes
Cereal Cream
Phann-Haas (p. 38)
Toast Coffee

LUNCHEONS

No. 1

Stuffed Pork Peppers (p. 41)
Baking Powder Biscuits
Tea Honey

No. 2

Sweetbreads in Dresden Patties (p. 47)
Waldorf Salad
Muffins Hot Chocolate

No. 3

Stuffed Turnips (p. 29)
Pineapple Salad Celery
Bread Tea

No. 4

Luncheon Bacon (p. 31)
Toasted Muffins Jelly
Tea

DINNERS

No. 1

Veal Cutlets (p. 18)
Creamed Cauliflower
Mashed Potatoes
Beet Salad Bread and Butter
Pineapple Tapioca Tea

No. 2

Stuffed Lamb Chops (p. 21)
Fried Egg Plant Baked Potato
Cabbage Salad Rolls
Bavarian Cream Coffee

No. 3

Cottage Chop Roast (p. 37)
Mashed Turnips Browned Potatoes
Grapefruit and Celery Salad
Date Pudding Coffee

No. 4

Rolled Beef Steak (p. 15)
Buttered Carrots
Creamed Potatoes
Combination Salad
Apple Pie Coffee

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INDEX OF CONTENTS

INTRODUCTION

Page

SALADS

Cheese and Cauliflower Salad 9
Cheese and Fish Salad 10
Cheese and Orange Salad.. 10
Cheese and Pimento Salad 9
Cheese and Pineapple Salad 10
Lettuce and Radish Salad.. 9
Potato and Cheese Salad 9
St. Ivel Cheese Dressing 8
French Dressing 8

COLD SAVOURIES AND SALAD ACCESSORIES

Cheese and Cucumber Canapés 11
Egg and Cheese Savoury 11
Stuffed Celery 11
St. Ivel Biscuits 11
St. Ivel Cheese Balls 10
St. Ivel Rosettes 12
Stuffed Prunes 12
Walnut Deceits 12

ST. IVEL CHEESE SANDWICHES

Apple and Cheese Sandwiches 15
Banana and Cheese Sandwiches 15
Cheese Dream Sandwiches 17
Cheese and Marmalade Sandwiches 16
Cheese and Pineapple Sandwiches 16
Cheese and Prune Sandwiches 15
Cheese and Raisin Sandwiches 16
Cheese and Smoked Haddock Sandwiches 16

INDEX OF CONTENTS

	Page
Egg and Cheese Sandwiches	16
Harlequin Sandwiches	17
How to use up Sandwiches	17
Motorist's Sandwich	17
Nasturtium Sandwiches	17
Open Face Sandwiches	17
St. Ivel Brown Bread Sandwiches	15
IN SOUP AND SAUCE	
Cheese Sauce	19
Macaroni Soup	18
Onion Soup	19
ST. IVEL CHEESE WITH VEGETABLES	
Cauliflower au Gratin	20
Cheese and Potato Savoury	20
Green Peppers and St. Ivel Cheese	20
Runner Beans with St. Ivel Cream Sauce	21
ST. IVEL CHEESE WITH EGGS	
Eggs and Cheese sur le Plat	22
St. Ivel Eggs	21
Surprise Eggs	22
Tomato and Egg Savoury	21
ST. IVEL CHEESE AND PASTRY	
Cheese Fingers	23
Cheese Puffs	23
Cheese Tartlets	23
MISCELLANEOUS SAVOURY DISHES	
Cheese Muffins	24
Cheese Nips	24
Fish Rarebit	24
Toasted Cheese Savoury	24

FRESH FROM THE LAND OF CURDS AND CREAM

ST IVEL—it's a name to conjure with in the West Country. You can't make the little creamy cheeses that bear his name outside Somerset. Somehow the milk never splashes so richly in the pails as in those deep pastures : the curds aren't so sweet nor the girls so light-handed in other parts.

They're a sight to rejoice a city heart and to make a country-woman's eyes bright with approval, those big shining dairies at Yeovil, where they make St. Ivel cheese.

Huge tubs of frothy new milk, shallow pans of cream, vats of snowy curds, white tiles and scrubbed churns and gleaming copper—doesn't it make you country-sick to think of it all

St. Ivel cheese brings the freshness and wholesomeness of good country things to a tired palate. Even more than these, it brings strengthening phosphates and lactic cultures to tone up a tired digestion. That means that anyone, however young or old or delicate can not only digest St. Ivel cheese, but is definitely the

better for it. The chances are that you'll eat St. Ivel just because you like it. Still, it's consoling to know that something so extraordinarily nice really *is* good for you.

St. Ivel is a very special cheese. In it you get the perfection of two types—the fresh creaminess of cheese new from a West Country dairy, and the mellow savour of a perfectly matured cheddar. Its cool creaminess is not only delicious by itself, it has the happiest knack of blending with all sorts of delightful and unexpected things. A glance at the contents of this book will give you some idea of the versatility of St. Ivel. Sandwiches and salads inspired by these recipes will make your parties and picnics things to be talked of with respectful admiration; the savouries that we have devised for you will crown your dinners with success.

Your grocer or your dairy will provide you with St. Ivel cheese. Eightpence-halfpenny buys a large packet and twopence a delicious little " Minnie "—just right for one person's lunch.

ST. IVEL CHEESE RECIPES

PART I

ST. IVEL CHEESE USED IN ITS NATURAL FORM

THERE ARE many ways of using St. Ivel Cheese, which will help to vary the menu, and especially of using up the ends of cheese which are too small to appear at table. Salads, Sandwiches and small Savouries all offer interesting possibilities of which the following are a few examples.

SALADS

ST. IVEL CHEESE is a tasty accompaniment to a fresh green salad, and the two together form a perfect luncheon course. It can also be combined with vegetables, fish, nuts, meat, and even fruit and served with a salad dressing.

The success of a salad depends very much on its preparation. In the case of a green salad, it is of the utmost importance to have the vegetables fresh. They must also be carefully washed, and lightly handled. All discoloured parts must be removed, the leaves pulled apart, and any hard stalk trimmed off with a knife. The greens may be allowed to lie in cold water for a short time, then thoroughly drained and shaken dry in a salad basket or cloth. The drying is very important, otherwise the dressing does not adhere to the leaves, but runs off and falls to the bottom of the salad bowl. All salad ingredients should be kept as cool as possible, and the dressing should not be poured over until the time of serving.

For those who like the flavour of garlic the salad bowl may be rubbed over with a small piece, freshly cut. This will impart a delicate flavour to the subsequent contents, without giving them any pronounced taste.

The best dressing to use with a salad that is served with cheese is a simple

FRENCH DRESSING

3 tablespoonfuls olive oil
1 tablespoonful vinegar
Seasoning
A pinch of sugar

Mix a little pepper, salt, and mustard in a basin, and add the oil very gradually, stirring all the time. Then add the vinegar, slowly also, and stir until thoroughly blended. To this simple dressing salad lovers often add other ingredients to give a distinctive flavour, such as, chopped chives, gherkin, tarragon, chervil or parsley, a little grated horse radish, etc. A pinch of sugar may also be added. It is essential to use good oil, and the best vinegar—wine vinegar is to be preferred to any other sort.

Another delicious dressing can be made with St. Ivel Cheese and used for mixing with different salads.

ST. IVEL CHEESE DRESSING

1 tablespoonful St. Ivel Cheese
3 tablespoonfuls olive oil
1 tablespoonful vinegar
Seasoning

Put the cheese into a basin and mash it down with a spoon. Add the oil very gradually, stirring constantly, then pour in the vinegar a little at a time and season to taste. The result should be a sauce of a rich creamy consistence. This is particularly good served with a salad of cooked vegetables, or with fish salad.

LETTUCE AND RADISH SALAD

Arrange a border of shred lettuce on individual salad plates and in the centre pile some radishes thinly sliced and mixed with a little Spanish onion cut in wafer-like slices. Coat with St. Ivel Cheese Dressing, and garnish the top with a whole radish cut in the form of a rose.

Other salads may be made in the same way by using in the place of radish, thinly-sliced cucumber or tomato, shred celery, hard-cooked egg cut in slices, or a nicely cooked vegetable such as green peas, sprigs of cauliflower, carrot cut in dice, asparagus points, etc. A little bright-coloured jelly or small cress would make a pretty garnish instead of radish.

CHEESE AND PIMENTO SALAD

Take a little tinned pimento drain and chop it, and mix with St. Ivel Cheese to give flavour and colour. Season to taste and roll into little balls using the butter hands. Place three or four on curly lettuce leaves for individual servings, and sprinkle with French Dressing. This is very good.

POTATO AND CHEESE SALAD

Mix some cold sliced potato with St. Ivel Cheese Dressing and let it stand for a short time. Then pile it in the centre of a salad dish and arrange a border of green salad round the base. Or wash some fresh nasturtium leaves, use them for a border and decorate with some of the flowers.

CHEESE AND CAULIFLOWER SALAD

Make in the same way as Potato Salad, but decorate round the base with thinly-sliced tomato or beetroot sprinkled with grated horse-radish.

CHEESE AND PINEAPPLE SALAD

Choose some small curly leaves of lettuce and lay a slice of tinned pineapple on the top of each. Sprinkle with French Dressing flavoured with a little orange juice and put a ball of St. Ivel cheese on the top. Garnish with a tiny sprig of parsley or chervil on the top.

CHEESE AND ORANGE SALAD

Make in the same way as Pineapple Salad, substituting thinly-sliced orange, free from pith and seeds, for the pineapple.

CHEESE AND FISH SALAD

Flake some nicely cooked fish and mix it with St. Ivel Cheese Dressing. Serve in individual salad dishes in layers with thin slices of cucumber. Sprinkle with finely-chopped parsley and a little paprika pepper, or lay thin slices of anchovy across the top.

COLD SAVOURIES AND SALAD ACCESSORIES

THE following small savouries can be served as an accompaniment to a salad, or for the savoury course at the end of a meal.

ST. IVEL CHEESE BALLS

Mix any remains of cheese with a little butter, add seasoning if required, and form into small balls with the butter hands. A little chopped celery or some chopped nuts may be added to the mixture, or the balls may be rolled in ground

nuts or finely-chopped parsley. Arrange the balls on a pretty dish and garnish with parsley. Serve with biscuits, and some sharp jelly.

ST. IVEL BISCUITS

These are a good accompaniment to a green or other simple salad. Choose any plain biscuits, spread them with St. Ivel cheese and sprinkle them with paprika. Then toast them in the oven or under the grill and serve hot.

STUFFED CELERY

Cut some short lengths of white celery, crisp them in cold water and dry. Mix some St. Ivel Cheese with a little French Dressing and fill up the hollows in the celery with this, smoothing the mixture over with a knife. Sprinkle with a little paprika and serve on shred lettuce, mixed with a little more of the dressing.

CHEESE AND CUCUMBER CANAPÉS

Choose some plain biscuits, spread them lightly with St. Ivel Cheese and dip them in very finely-chopped parsley. Cut a $\frac{1}{2}$ inch slice of peeled cucumber for each biscuit and stamp out the centres. Sprinkle these with salt and vinegar and let them stand $\frac{1}{2}$ hour. Then drain and lay on the top of the biscuits. Fill up the centres with more cheese, moistening it if necessary with a little cream, and making it dome-shaped. Garnish with small cress or parsley.

EGG AND CHEESE SAVOURY

Hard cook the required number of eggs, cut them in halves and remove the yolks. Sieve the yolks and mix them with St. Ivel Cheese. Season with cayenne, salt, and a squeeze of lemon juice, and add a little melted butter or cream to moisten the mixture. Cut small pieces off the white cups to enable them to stand

and fill them with the cheese mixture, piling it high in the centre. Serve garnished with a little salad. These are particularly good served with a tomato or cucumber salad, or with some crisp celery.

STUFFED PRUNES

Remove the stones from some large prunes, which have been cooked until tender, but not broken. Then prepare some cheese mixture the same as for the Egg and Cheese Savoury and stuff the prunes with it, making them their original shape. Sprinkle a little orange juice over, and serve them on tiny lettuce leaves, or on a paper d'oyley garnished with parsley or chervil.

Stuffed Dates or Green Figs may be prepared in the same way, and are a good accompaniment to a green salad.

ST. IVEL ROSETTES

Mix St. Ivel Cheese with a little cream until a soft paste is formed, and season to taste. Put the mixture into a small forcing bag with a fancy pipe and force out a border on small cheese biscuits. Place in the centre a spot of bright red jelly, a radish, a stoned olive, or a curled anchovy.

WALNUT DECEITS

Make some small cheese balls as described above and put them between halves of toasted walnuts. Then roll the walnuts in ground nuts or fine biscuit crumbs and serve them on a small paper d'oyley.

ST. IVEL CHEESE SANDWICHES

THE CHARM of the sandwich depends very much on individual taste and a knowledge of what materials blend well together. They are not difficult to make, but a certain knack is required to produce one that tastes good and looks appetising. The sandwich belongs to a family that is always growing, fresh combinations are constantly being invented, and their variety is now unlimited. Their making offers one of the best opportunities for using up tasty left-overs of all kinds, and with St. Ivel Cheese and a little ingenuity many a delightful mixture can be produced.

One of the most important things to consider in sandwich making is the bread. A good-sized square loaf will cut to the best advantage, and it should be rather close in the grain without holes. It will also cut more easily if it is a day old. The crusts may be left on the bread for the more substantial sandwiches. For the more dainty kind they may either be removed first, which often prevents waste of butter and filling, or each sandwich trimmed separately. The crusts can be dried in the oven, then crushed or run through the mincing machine, and used for bread-crumbs. When the bread has to be buttered it is simplest to do this before cutting the slice. Either white, or one of the various makes of brown bread, may be used, or two kinds together sometimes make an attractive sandwich. Long narrow rolls, if newly baked, are also suitable, and plain crisp biscuits make nice sandwiches for afternoon tea when the filling is of a paste-like consistency.

If the butter used in a sandwich is hard, it should be beaten to a cream first, otherwise it is difficult to spread it evenly over the bread. To make it more savoury, a little mustard, grated horse-radish, chopped chives, curry powder or paste, celery, salt, anchovy sauce, etc., may be mixed with it during the creaming.

The filling for a sandwich can be made of many different things besides meat, and St. Ivel Cheese makes a very good substitute for the meat sandwich. Any ingredient used, unless it is a paste, must be chopped finely or cut in very thin slices. The filling should be spread evenly over the bread and should cover the slice completely. There is nothing more disappointing than a sandwich that is dry at the edges. If it is to be eaten with the fingers the mixture should not be too moist, neither should lettuce or other green stuff be put into a sandwich that has to be kept for any length of time. A pliable knife or small spatula is a great help in spreading on the filling.

Sandwiches of a more substantial kind, that are a meal in themselves, can be used at luncheon or supper, or for the out-of-doors excursion. These may have the crusts left on, and both the butter and filling should be increased in quantity according to the thickness of the bread, otherwise they will be unpalatable. Sandwiches of a thin and dainty type are more suitable for afternoon tea.

The serving and garnishing of sandwiches is also important, they can be made or marred according to the way in which they are presented. They should be arranged neatly on a linen or paper d'oyley and individual taste should be used to give them an inviting touch in the garnish. Fresh green parsley, small cress, watercress, celery tops, and chervil are all attractive, while nasturtium leaves and flowers, sweet clover blossom, blackberry and red-currant leaves and fruit are a little more novel.

Sandwiches are always better if they can be made just before serving, especially if the filling is of a soft nature that will soak into the bread. When they have to be kept for some time they should be wrapped in a piece of damp muslin, or in a napkin that has been wrung out of hot water, and then placed in a tin box or stone jar. Sandwiches for travelling should be wrapped in grease proof paper and may be fastened together with an elastic band.

Space does not allow of giving many different recipes for sandwiches, but the following should be sufficiently suggestive, and the ingenious housewife will soon be able to invent other appetising combinations.

APPLE AND CHEESE SANDWICHES

Spread slices of bread and butter with a thin layer of St. Ivel Cheese. Then grate an apple, mix it with a little lemon juice and use it as a filling between two slices of the bread and cheese. Thinly-sliced apple may be used instead of grated apple if preferred, or the remains of thick apple sauce can be utilised in this way.

BANANA AND CHEESE SANDWICHES

Slice some bananas, or mash them to a pulp with a silver fork, and flavour with a little orange or lemon juice. Put a layer of this between slices of bread and butter spread with St. Ivel Cheese. Press together and trim neatly.

ST. IVEL BROWN BREAD SANDWICHES

Cut some brown bread and butter and cover half the slices with a good layer of St. Ivel Cheese. Sprinkle with chopped nuts, chopped celery or radish, and lay a slice of bread and butter on the top. Press together and cut into neat sandwiches. Thin slices of tomato or cucumber are also very good laid between slices of brown bread and cheese.

CHEESE AND PRUNE SANDWICHES

Remove the stones from some cooked prunes, cut them in shreds, and flavour with a little lemon juice. Split small bridge rolls, spread them with butter and then a layer of cheese. Sandwich together with some of the prune mixture. Chopped nuts may also be added.

CHEESE AND PINEAPPLE SANDWICHES

These can be made in the same way as above, substituting chopped pineapple for the prunes. Dates and figs can be similarly used, and bread and butter instead of rolls.

CHEESE AND MARMALADE SANDWICHES

Make some cheese sandwiches using either brown or white bread, and spreading a layer of marmalade between the slices. Some sharp jelly, such as red currant can be used in the same way, and the combination is very good.

CHEESE AND RAISIN SANDWICHES

Chop some seeded raisins and mix them with chopped nuts, a little orange juice, and a dash of cinnamon. Cut thin slices of brown or malt bread and butter, spread with a layer of cheese, and make small sandwiches with some of the raisin mixture between. Serve for afternoon tea.

CHEESE AND SMOKED HADDOCK SANDWICHES

Chop some smoked haddock very finely and mix it with enough St Ivel Cheese to flavour. Add a little butter, cayenne, a few drops of anchovy essence, and a squeeze of lemon juice. Use as a filling between slices of bread and butter, and garnish the sandwiches with small cress.

EGG AND CHEESE SANDWICHES

Cut some thin slices of rye or brown bread and butter. Chop a hard-cooked egg. Mix it with St Ivel Cheese and season to taste. Spread a thickish layer on half the slices, sprinkle with small cress, cover and press together.

HARLEQUIN SANDWICHES

Cut some ½ inch slices of brown and white bread, an equal number of each, and spread them with butter and St. Ivel Cheese. Place four slices one on the top of the other alternating the brown and white, and press well together. Then slice through the four layers with a very sharp knife and arrange the pieces neatly on a dish. These sandwiches look extremely original and attractive.

MOTORIST'S SANDWICH

These should be made thicker, and either brown or white bread may be used. Spread the slices with butter mixed with a little mustard and then with a good layer of St. Ivel Cheese. Sandwich together with a slice of corned beef or pressed beef between. The combination is excellent.

NASTURTIUM SANDWICHES

Mix some St. Ivel Cheese with a little cream and spread it on thin slices of bread and butter. Lay some nasturtium flowers—making sure of course, that they are free from insects—on the bread, cover, and cut the sandwiches allowing a flower for each. Garnish with nasturtium leaves and a few more flowers.

HOW TO USE UP SANDWICHES

Those that do not contain any lettuce or green stuff may be brushed over very lightly with a little beaten egg and milk, and toasted on both sides under the grill or in the oven.

CHEESE DREAMS

These are small bread and cheese sandwiches dipped in egg and milk, and fried until brown in a little butter. They are delicious.

OPEN FACE SANDWICHES

These are served as little appetisers. One slice of bread only is used, the mixture being left uncovered and suitably garnished.

ST. IVEL CHEESE RECIPES

PART II

ST. IVEL CHEESE USED IN COOKED DISHES

IN SOUP AND SAUCE

ST. IVEL CHEESE can be used to flavour both soup and sauce. The remains of a cheese will serve well for this purpose. The best way to prepare the cheese is to put it in a cup or small basin and stand it in hot water for a few minutes, then to beat it to a cream. It will then blend more easily with the liquid.

MACARONI SOUP

3 ozs. macaroni
2 pints white stock
1 oz. butter
1 Spanish Onion
½ pint milk
Seasoning
1 tablespoonful St. Ivel cheese

Break the macaroni in pieces and put it into a saucepan with the stock, butter, and onion cut in slices. Simmer until the macaroni is reduced to a pulp, and then rub all through a sieve or colander. Return the soup to the saucepan, add the milk and season to taste. Bring to the boil and simmer for a few minutes longer. Then put the cheese into the soup tureen, mix it smoothly with a little of the soup, and pour on the remainder. Serve with toast or fried croûtons of bread.

ONION SOUP

4 or 5 onions
2 pints white stock
1 oz. butter or dripping
Seasoning
1 oz. flour
½ pint milk
1 tablespoonful St. Ivel Cheese

Skin and scald the onions, and slice them thinly. Melt the fat in a saucepan, put in the onions, cover and cook 10 minutes, but without browning. Pour on the stock and simmer slowly until the onions are soft. Then sieve and return the soup to the saucepan. Mix the flour smoothly with the milk, add them to the soup and stir until boiling. Cook a few minutes longer and season to taste. Add the cheese in the same way as described for Macaroni Soup. This makes an excellent meal and in highly nutritious.

There are many other soups to which a little St. Ivel Cheese can be added: such as, artichoke, celery, haricot bean, parsnip, potato, tomato soup, etc.

This soup can be served without sieving, if preferred.

CHEESE SAUCE

1 oz. butter
1 oz. flour
½ pint milk
1 tablespoonful St. Ivel Cheese
Pepper and salt
A little mustard

Melt the butter in a small saucepan and mix in the flour. When smooth pour on the milk and stir until boiling. Season to taste and cook for a minute or two. Then remove the saucepan from the fire and stir in the cheese, which has been prepared as directed above. The yolk of an egg can also be added if wished.

This makes a delicious creamy sauce, which can be used for coating eggs, fish, and vegetables.

ST. IVEL CHEESE WITH VEGETABLES

St. Ivel Cheese is excellent for flavouring vegetarian dishes of all kinds.

CAULIFLOWER AU GRATIN

Boil and drain a cauliflower and put it in a greased fire-proof dish. Cover with Cheese Sauce, sprinkle some browned bread-crumbs over the top, lay on a few small pieces of butter, and place in the oven until thoroughly hot.

Many other vegetables are good with Cheese Sauce. They should be cooked, cut in convenient-sized pieces, and either re-heated in the sauce, or finished off " au gratin " like the cauliflower. This is a very good way of using up the remains of a cooked vegetable, and the two together make a very nice savoury.

CHEESE AND POTATO SAVOURY

Mash or sieve 2 cupfuls of cooked potatoes, and re-heat them with a tablespoonful of butter or dripping and a little milk. Then add 2 yolks of egg and some creamed St. Ivel Cheese. Season to taste and beat well. Put the mixture into a greased pie-dish and mask with the whites of eggs beaten to a stiff froth. Bake in a moderate oven until nicely browned.

GREEN PEPPERS AND ST. IVEL CHEESE

Cut the tops of the required number of peppers and remove the seeds and fibrous part from the inside. Drop them into a saucepan of boiling water, remove it from the fire, and stand for 10 or 12 minutes. Then lift out the peppers, drain and dry them in a cloth. For each pepper allow a piece of St. Ivel Cheese the size of a walnut. Warm the cheese slightly, cream it with an equal amount of white bread-crumbs and season to taste. Put the mixture into the peppers,

brush them over with oil or melted butter, sprinkle with crumbs and brown in the oven.

RUNNER BEANS WITH ST. IVEL CHEESE SAUCE

Shred and cook 1 lb. of runner beans, drain them and keep them very hot. Put into a small basin 1 tablespoonful St. Ivel Cheese, 2 tablespoonfuls cream, a pinch of salt and a little made mustard. Stand the basin over a saucepan of hot water, and whisk with a fork until hot, but not boiling. Mix lightly with the beans and serve at once.

ST. IVEL CHEESE WITH EGGS

ST. IVEL CHEESE and eggs combined make delicious luncheon and supper dishes.

ST. IVEL EGGS

To ½ dozen hard-cooked eggs allow ½ pint of Cheese Sauce, a few bread crumbs, and a little butter. Pour a layer of the sauce into a greased fire-proof dish, and then lay in the eggs, either whole or cut in halves. Cover with the remainder of the sauce, sprinkle with bread-crumbs, and put a few small pieces of butter on the top. Brown in the oven or under the grill of the gas stove.

Poached eggs can be prepared in the same way, and a dish of boiled rice would be a good accompaniment.

TOMATO AND EGG SAVOURY

2 eggs
2 tablespoons tomato purée
1 oz. butter
Seasoning
2 slices toast
St. Ivel Cheese

Make the tomato purée by rubbing either fresh or tinned tomato through a sieve. Prepare the toast, spread it thickly with St. Ivel Cheese, place it in a fire-proof dish and put in the oven to keep warm. Then melt the butter in a saucepan, add the tomato purée, eggs lightly beaten and seasoning to taste. Stir constantly over a gentle heat until the mixture thickens, then pour it quickly over the cheese toast. Garnish with parsley and serve at once.

SURPRISE EGGS

3 hard-cooked eggs
2 tablespoons bread-crumbs
Pepper and Salt
St. Ivel Cheese
A little flour
Egg and bread-crumbs

Cut the eggs in half lengthwise and remove the yolks. Put the latter into a basin with the bread-crumbs and a piece of St. Ivel cheese the size of a small egg. Pound together and season with pepper and salt. Fill the egg whites with this mixture, bringing them back to their original shape. Then roll them in a little flour, egg and bread-crumb them, and fry in boiling fat until a golden brown. Serve garnished with parsley or watercress.

EGGS AND CHEESE SUR LE PLAT

3 or 4 eggs
1 oz. butter
St. Ivel Cheese
2 tablespoons cream

Warm about 1 tablespoonful of St. Ivel Cheese and mix it with the cream. Then put the butter into a fire-proof dish and make it sizzling hot. Break in the eggs, pour the cheese and cream on the top, and season with salt and paprika. Cook in the oven or on the top of the stove until the eggs are set.

ST. IVEL CHEESE AND PASTRY

ST. IVEL CHEESE used in combination with scraps of pastry will make very tasty savouries.

CHEESE PUFFS

Roll out some scraps of pastry very thinly and cut out rounds. Mix some St. Ivel Cheese with an equal amount of bread or biscuit crumbs, adding a little salt and a pinch of cayenne pepper. Put some of this mixture in the centre of each round of pastry, then wet round the edges with a little egg or milk, fold over, and press into shape. Place the puffs on a greased baking sheet, brush them over with a little egg and bake in a good oven until brown and crisp.

CHEESE FINGERS

Use any left-overs of pastry. Roll them out to one-eighth of an inch in thickness, and spread half the surface with St. Ivel Cheese. Sprinkle lightly with bread-crumbs, and fold over the plain piece of pastry. Press together and then with a sharp knife cut in strips. Place these on a greased baking tin, egg over and bake until brown and crisp.

CHEESE TARTLETS

Line 6 or 7 greased patty tins with thin pastry and prick them at the foot. Take 2 tablespoons of thick cheese sauce and add to it 1 or 2 yolks of eggs. Season rather highly and mix well. Then beat the white of egg to a stiff froth and stir it in lightly. Fill up the cases with this mixture and bake the tartlets in a moderate oven about 20 minutes.

MISCELLANEOUS SAVOURY DISHES

FISH RAREBIT

To 1 cupful of Cheese Sauce add 1 cupful of cooked and flaked fish. Make these thoroughly hot without boiling, then add 1 beaten egg and 1 tablespoonful of sherry. Heat for a minute or two longer and serve on slices of toast.

TOASTED CHEESE SAVOURY

Make 2 slices of hot buttered toast, spread one of them with a good layer of St. Ivel Cheese, and place under a hot grill for a minute or two. Then place the second piece of toast on the top, and again place under the grill until hot through. This is wonderfully good.

CHEESE NIPS

Make some hot buttered toast and spread the pieces with St. Ivel Cheese. Then lay a thin slice of bacon on the top of each, and cook under the grill turning the bacon once.

A slice of tomato cooked on the top of the cheese toast is also good.

CHEESE MUFFINS

Split three stale muffins and scoop out the soft insides. Brush over the insides of the muffins with a little melted butter and crisp them in the oven. Chop 3 hard-cooked eggs, and mix them with some well-seasoned Cheese Sauce. Add also the crumb from the muffins and mix together. Fill up the muffins with this, putting two pieces together, and return them to the oven until thoroughly hot.